We’re delighted to announce our new training offer in partnership with Harmless for suicide prevention, self-harm, suicide bereavement and mental health awareness training. Booking is open for our first series of training events between January and April 2023.

More sessions will follow from April 2023.

**Who is the training for?**

The training is aimed at people who work or volunteer for groups in the following sectors:

* Community and voluntary sector organisations
* Community champions who work with those at risk of poor mental health self-harm or suicide
* Organisations working with those who are financially vulnerable (e.g. advice services, debt agencies, food banks, libraries, job centres, benefits agencies)
* Adult Social Care
* Primary Care
* First Responders (e.g. police, fire service, paramedics)
* Housing/homelessness sector
* Social prescribers/community workers
* Public Health commissioned services

Suicide prevention and self-harm training is available to people working/volunteering for organisations/groups in Nottingham City or Nottinghamshire County.

Mental health awareness training is currently only available to people working/volunteering for organisation/groups in Nottinghamshire County.

**What will I learn?**

You’ll learn about:

* Stigma and how to help reduce this
* Adverse childhood experiences and impact of trauma
* Prevalence and risk factors
* Practical conversation skills and how to help someone to access support
* What services are available and how they can help

Full details of the learning outcomes are available on the booking pages.

**What else do you need to know?**

* The training is free to attend.
* Sessions are four hours long and take place online.
* Copies of slides and handouts will be provided.
* Sessions are applicable for any age group you work with
* Sessions are interactive and you’ll have the chance to ask questions.
* The link for the training session will be sent to you via email from Harmless before the training course takes place.
* You can attend all 4 courses or attend the one which most meets your needs.

If you think your organisation needs more bespoke training or want to organise specific sessions for your organisation, please contact [suicide.prevention@nottscc.gov.uk](mailto:suicide.prevention@nottscc.gov.uk) for an initial discussion.

**How to book**

Click on the “Book here” link next to the course and date you want to book; you’ll be taken to the relevant Eventbrite page where you can register.

You can also visit [Harmless Let's Talk Training Events | Eventbrite](https://www.eventbrite.co.uk/o/harmless-lets-talk-training-14795237737)

Places are limited so do book early to ensure you get a place.

**Courses and available dates**

**Suicide prevention and intervention (Nottingham and Nottinghamshire)**

**January 2023**

* Friday 6th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/418252583737)
* Friday 13th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484272270397)
* Thursday 19th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484315509727)
* Tuesday 24th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487763603067)
* Thursday 31st January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484273092857)

**February 2023**

* Thursday 9th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487583002887)
* Wednesday 15th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487585821317)
* Monday 20th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487587275667)
* Thursday 23rd February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487587706957)
* Tuesday 28th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487589000827)

## **March 2023**

* Monday 6th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487654085497)
* Wednesday 8th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487656954077)
* Tuesday 14th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487661377307)
* Friday 17th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487673122437)
* Tuesday 21st March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487677124407)
* Thursday 23rd March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487677515577)
* Friday 24th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487683984927)
* Monday 27th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487689812357)
* Thursday 30th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487690193497)

**April 2023**

* Thursday 6th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487753051507)

Wednesday 12th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487759109627)

* Monday 17th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487759470707)
* Thursday 20th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487759881937)
* Monday 24th April [Book here](https://www.eventbrite.co.uk/e/487763603067)
* Friday 28th April [Book here](https://www.eventbrite.co.uk/e/489336126527)

**Mental health awareness (Nottinghamshire organisations only)**

**January 2023**

* Thursday 5th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/464208980557)
* Tuesday 10th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484331718207)
* Tuesday 17th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484316191767)
* Friday 20th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484286733657)
* Friday 27th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484286813897)
* Monday 30th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484318829657)

**February 2023**

* Wednesday 1st February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/486803451227)
* Tuesday 7th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487595811197)
* Thursday 9th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487630725627)
* Thursday 14th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487631337457)
* Friday 17th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487633243157)

**March 2023**

* Thursday 2nd March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487693092167)
* Tuesday 7th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487698799237)
* Friday 10th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487699240557)
* Thursday 16th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487705118137)
* Wednesday 22nd March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487715388857)
* Tuesday 28th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487720574367)

**April 2023**

* Wednesday 5th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487770072417)
* Thursday 6th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487753051507)
* Tuesday 11th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487774646097)
* Friday 14th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487779931907)
* Tuesday 18th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487785167567)
* Friday 21st April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487787985997)
* Wednesday 26th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487790904727)
* Friday 28th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/489336126527)

**Self-harm awareness (Nottingham and Nottinghamshire)**

* Thursday 26th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484273092857)
* Thursday 16th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487639541997)
* Friday 3rd March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487727695667)
* Monday 20th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487732389707)
* Tuesday 18th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487766792607)

**Suicide bereavement (Nottingham and Nottinghamshire)**

* Wednesday 11th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/464241688387)
* Thursday 21st February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487644326307)
* Friday 24th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487646793687)
* Thursday 16th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487744024507)
* Monday 27th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487748146837)