

FREE Training

Mental Health Awareness

Suicide Awareness & Managing Mental Health Conversations

Derbyshire
April 2025 – March 2026

Derbyshire County Council has commissioned Harmless to deliver FREE half-day training for staff and volunteers.

FREE TRAINING

Derbyshire County Council has commissioned Harmless to deliver half-day training in Mental Health Awareness and Suicide Awareness & Managing Mental Health Conversations. Training is delivered either in-person or online (please check the listings for details) and is FREE for staff and volunteers who meet the criteria stated below.

Please note in order to qualify for this funded training opportunity, you must meet the following criteria:

a) A core part of your role involves working with Derbyshire County residents AND you work for a statutory or voluntary or community sector organisation (in either a paid role or volunteer role)

OR

b) You are a commercial organisation that has been offered training as part of Derbyshire County Council's mental health and suicide prevention outreach project.

You can book your place from the links on the following pages or speak to a member of the Harmless Academy team for more information or advice:
training@harmless.org.uk

NB: Online training is delivered via Zoom or MS Teams. Once registered, you will receive an email with login details for the session.

ABOUT HARMLESS

The Academy at Harmless (formerly known as Let's Talk Training) is the training arm of Harmless – the national centre of excellence for self harm and suicide prevention.

Our expert team delivers a range of courses around issues of self harm and suicide prevention, suicide bereavement and mental health. The courses we provide always place people with lived experience at their heart, combined with the most up-to-date, evidence-based knowledge.

With a strong emphasis on producing engaging and interactive content, our training brings expertise and dedication to both the teaching process and subject matter. We are committed to ensuring you get the most out of your learning experience with us so that you can practically apply the skills you learn.

Feedback from previous training:

'The trainer was excellent. A very interactive session and I definitely would recommend. I have learned so much today – thank you.'

'Well presented, relevant and very good material. Every single part was so informative and delivered brilliantly!'

Mental Health Awareness

LEARNING OUTCOMES

For staff and volunteers from statutory, community and voluntary sector organisations working with Derbyshire County residents (excluding Derby City).

This course will build awareness and understanding of mental health, address stigma, provide details of resources and services, equipping the staff and volunteers with confidence and skills.

Learning topics include:

- Nature and dimensions of mental health
- Common mental health problems
- Relationship between physical health and mental health
- Impact of mental health problems
- Anti-stigma
- Determinants of mental health
- Signposting, resources and campaigns

[See Over for Training Dates >>](#)



training@harmless.org.uk



0115 880 0281



[Booking: harmless.eventbrite.co.uk](https://harmless.eventbrite.co.uk)

Mental Health Awareness (Cont.)

TRAINING DATES 2025–2026

CLICK ON A DATE TO BOOK

Sessions are delivered online via MS Teams unless otherwise stated

- [Thu 24 April 2025 12.30pm–4.30pm](#)
- [Tue 29 April 2025 9.30am–1.30pm](#)
- [Mon 12 May 2025 12.30pm–4.30pm](#)
(In-Person: High Peaks)
- [Wed 14 May 2025 12.30pm–4.30pm](#)
- [Thu 22 May 2025 9.30am–1.30pm](#)
- [Mon 9 June 2025 9.30am–1.30pm](#)
(In-Person: Erewash).
- [Fri 27 June 2025 9.30am–1.30pm](#)
- [Wed 9 July 2025 12.30pm–4.30pm](#)
- [Thu 24 July 2025 9.30am–1.30pm](#)
- [Wed 13 August 2025 9.30am–1.30pm](#)
- [Fri 5 September 2025 9.30am–1.30pm](#)
- [Mon 15 September 2025 12.30pm–4.30pm](#) (In-Person: Chesterfield).
- [Thu 3 October 2025 9.30am–1.30pm](#)
- [Tue 14 October 2025 12.30pm–4.30pm](#)
- [Mon 3 November 2025 9.30am–1.30pm](#)
- [Thu 20 November 2025 12.30pm–4.30pm](#)
- [Fri 5 December 2025 9.30am–1.30pm](#)
- [Wed 21 January 2026 12.30pm–4.30pm](#)
- [Thu 29 January 2026 9.30am–1.30pm](#)
- [Mon 9 February 2026 12.30pm–4.30pm](#)
(In-Person: Amber Valley).
- [Tue 24 February 2026 9.30am–1.30pm](#)
- [Wed 11 March 2026 12.30pm–4.30pm](#)
- [Thu 26 March 2026 9.30am–1.30pm](#)

Suicide Awareness & Managing Mental Health Conversations

LEARNING OUTCOMES

For staff and volunteers from statutory, community and voluntary sector organisations working with Derbyshire County residents (excluding Derby City).

This course will build general awareness and understanding of the topic of suicide and equip participants with skills and confidence to have supportive conversations with individuals who exhibit emotional distress.

Learning topics include:

- Emotional distress
- Suicide and suicide prevention
- Risk factors
- Warning signs
- Conversations
- Signposting

[See Over for Training Dates >>](#)

Suicide Awareness & Managing Mental Health Conversations (Cont.)

TRAINING DATES 2025–2026

CLICK ON A DATE TO BOOK

Sessions are delivered online via MS Teams unless otherwise stated

- [Fri 25 April 2025 9.30am–1.30pm](#)
- [Tue 6 May 2025 12.30pm–4.30pm](#)
- [Wed 21 May 2025 9.30am–1.30pm](#)
- [Thu 5 June 2025 12.30pm–4.30pm](#)
- [Fri 20 June 2025 9.30am–1.30pm](#)
- [Mon 23 June 2025 12.30pm–1.30pm](#)
(In-Person: Chesterfield)
- [Thu 17 July 2025 9.30am–1.30pm](#)
- [Mon 8 September 2025 12.30pm–4.30pm](#)
- [Tue 23 September 2025 9.30am–1.30pm](#)
- [Wed 8 October 2025 12.30pm–4.30pm](#)
- [Thu 23 October 2025 9.30am–1.30pm](#)
- [Fri 7 November 2025 9.30am–1.30pm](#)
- [Mon 24 November 2025 12.30pm–4.30pm](#)
(In-Person: Amber Valley)
- [Tue 9 December 2025 9.30am–1.30pm](#)
- [Wed 7 January 2026 12.30pm–4.30pm](#)
- [Fri 30 January 2026 9.30am–1.30pm](#)
- [Thu 5 February 2026 12.30pm–4.30pm](#)
- [Mon 23 February 2026 9.30am–1.30pm](#)
(In-Person: Erewash)
- [Tue 10 March 2026 12.30pm–4.30pm](#)
- [Wed 18 March 2026 9.30am–1.30pm](#)
- [Mon 30 March 2026 12.30pm–4.30pm](#)



The Academy at Harmless is operated by Harmless – the national centre of excellence for self harm and suicide prevention.

Based in Nottingham, Harmless is a Community Interest Company (CIC) with a dedication to sustainability. While Harmless does seek grant and charitable funding, our training service is vital for the work we provide. Income generated through the Academy is used directly to sustain and expand the free support services we offer.

Harmless CIC
The Sanctuary
1 Beech Avenue
Nottingham NG7 7LJ

www.harmless.org.uk

