



## Free self harm & suicide alertness training for professionals working with children & young people

These half day workshops include casestudies, videos and group discussion.

### Learning outcomes include:

- Looking at the local and national context and being aware that self harm and suicide are major public health issues
- Dispelling some of the myths about self harm and suicide and looking at our own and societal attitudes
- Helping staff to identify issues, discuss and help a young person seek further help
- Understanding and using the Cumbria Self harm Guidance & Pathway and being aware of other support available
- Understanding the importance of asking directly about thoughts of suicide and the importance of safety planning

### Forthcoming dates:

**Workington Fire Station:** Friday 18<sup>th</sup> May 9:30 am- 1.00 pm

**Penrith Fire Station:** Friday 13<sup>th</sup> April 9:30am- 1.00pm  
Monday 4<sup>th</sup> June 9:30 am – 1.00pm

**Carlisle East Fire Station:** Friday 20<sup>th</sup> April 9:30am – 1:00pm  
Tuesday 29<sup>th</sup> May 9:30 am- 1:00 pm

More dates to be added

For more details or to book contact [training@cemind.org](mailto:training@cemind.org)

In house sessions can also be offered free of charge contact:  
[training@cemind.org](mailto:training@cemind.org)

These courses are funded by

