



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

Workshop includes case studies, videos and group discussion

Learning outcomes include:

- Examining the local and national context and being aware that self harm and suicide are major public health issues
 - Seeking to dispel some myths about self-harm and suicide and looking at our own and societal attitudes
 - Helping colleagues to identify issues, discuss and help a young person to seek further support
 - 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
- **Barrow Fire Station**: Friday 29 June 9.30-1pm, Thursday 5 July 9.30-1pm
 - **Carlisle East Fire Station**: Tuesday 29th May 9.30-1pm, Tuesday 26 June 9.30-1pm, Thursday 19 July 9.30-1pm
 - **Kendal Fire Station**: Monday 21 May 9.30 – 1pm, Tuesday 5 June 9.30-1pm, Wednesday 4 July 9.30-1pm
 - **Penrith Fire Station**: Monday 4 June 9.30-1pm, Monday 25 June 1.30-5pm, Friday 13 July 1.30-5pm
 - **Workington Fire Station**: Friday 18 May 9.30-1pm, Friday 1 June 9.30-1pm, Monday 9 July 1.30-5pm

For more details please email: training@cemind.org or to book a place go to www.eventbrite.com and search for 'FREE Self Harm and Suicide Alertness.'

FREE in house sessions can also be offered. Please contact us at: training@cemind.org to discuss.

These FREE courses are funded by

