

Free Self-Harm & Suicide Alertness Workshops

Do you have direct contact with young people and would like to feel more confident raising, talking and knowing where to help them seek support?

Workshops involve looking together at self-harm & suicide through group discussion, trainer presentation, case studies and sharing experiences.

Workshop content includes:

- + Looking at local and national context and support
- + Helping young people and staff to identify, discuss and seek help
- + Understanding and using the Cumbria Self-harm & Suicide Guidance & Pathway

*******NEW DATES*******

Wednesday 26th April 9:30pm – 1pm Carlisle West fire Station

Monday the 22nd of May 1:30pm – 5pm Penrith Fire Station

We also run generic suicide alertness and awareness sessions contact Juliet for more details

These sessions are funded by Cumbria County Council.

for further details and booking please contact:

Juliet at Carlisle Eden Mind on 01228 543354

Email: juliet.gray@cemind.org