



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

**Do you have direct contact with young people and would you like to feel more confident talking about self harm and suicide and know where to help them seek further support?**

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

### **Workshop content includes:**

- Looking at the local and national context and being aware that self harm and suicide are major public health issues and we all have a role to play
- 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

**\*\*\*\*\*NEW DATES\*\*\*\*\***

**Monday 12<sup>th</sup> June 9:30 am – 1pm** Workington Community Fire Station

**Friday 30<sup>th</sup> June 9:30 am- 1pm** Penrith Community Fire Station

**Monday 3<sup>rd</sup> July 9:30 am – 1pm** Workington Community Fire Station

**Wednesday 5<sup>th</sup> July 9:30 am – 1pm** Carlisle East Community Fire Station

for further details and booking please contact Juliet at Carlisle Eden Mind on [juliet.gray@cemind.org](mailto:juliet.gray@cemind.org) or on 01228 54335

These courses are funded by CCC

