



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

Workshop includes 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

Upcoming dates:

Workington Fire Station: 11th Dec, 22nd Jan, 19th Feb, 2nd and 21st March

All sessions 9:30 am- 1.00 pm

Penrith Fire Station: 9th Jan, 5th Feb, 12th March (pm)

am sessions 9:30 am-1:00 pm / pm sessions 1:30 pm – 5:00 pm

Carlisle East Fire Station: 4th Dec, 15th Jan, 12th Feb, 26th Feb, 7th March

All sessions 9:30 am- 1:00 pm

More spring dates to be added

For more details or to book contact training@cemind.org

Barrow Fire Station: 14th Dec, 12th Jan, 26th Jan, 22nd Feb, 23rd Feb, 8th March, 22nd March, 20th April, 26th April.

All sessions 9:30 am -1:00 pm

Kendal Fire Station: 15th Dec, 12th Jan, 26th Jan, 9th Feb, 22nd Feb, 9th March, 23rd March, 19th April, 27th April.

All sessions 9:00 am- 12:30 pm

For more details or to book contact training@safa-selfharm.com

In house sessions can also be offered contact:

training@cemind.org or training@safa-selfharm.com

These courses are funded by

