



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

**Workshop includes case studies, 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 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 for 2018 \*\*\*\*\***

- **Workington Fire Station:** 22<sup>nd</sup> Jan (09:30-1pm), 19<sup>th</sup> Feb (09:30-1pm), 2<sup>nd</sup> March (09:30-1pm), 21<sup>st</sup> March (09:30-1pm)
- **Penrith Fire Station:** 5<sup>th</sup> Feb (09:30-1pm), 12<sup>th</sup> March (1:30pm-5pm)
- **Carlisle East Fire Station:** 15<sup>th</sup> Jan (09:30-1pm), 29<sup>th</sup> Jan (09:30-1pm), 12<sup>th</sup> Feb (09:30-1pm), 26<sup>th</sup> Feb (09:30-1pm), 7<sup>th</sup> March (09:30-1pm)  
For more details or to book contact: [training@cemind.org](mailto:training@cemind.org)

- **Barrow Fire Station:** 26<sup>th</sup> Jan (09:30-1pm), 22<sup>nd</sup> Feb (09:30-1pm), 23<sup>rd</sup> Feb (09:30-1pm), 8<sup>th</sup> March (09:30-1pm), 22<sup>nd</sup> March (09:30-1pm), 20<sup>th</sup> April (09:30-1pm), 27<sup>th</sup> April (09:30-1pm)
- **Kendal Fire Station:** 26<sup>th</sup> Jan (09:00-12:30), 9<sup>th</sup> Feb (09:00-12:30), 22<sup>nd</sup> Feb (09:00-12:30), 9<sup>th</sup> March (09:00-12:30), 23<sup>rd</sup> March (09:00-12:30), 19<sup>th</sup> April (09:00-12:30), 27<sup>th</sup> April (09:00-12:30)  
For more details or to book contact [training@safa-selfharm.com](mailto:training@safa-selfharm.com)

**In house sessions can also be offered contact:**

[training@cemind.org](mailto:training@cemind.org) or  
[training@safa-selfharm.com](mailto:training@safa-selfharm.com)

These courses are funded by

