



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
- **Workington Fire Station Thursday 15 November 9.30 –1pm**
 - **Carlisle East Fire Station: Thursday 22 November 9.30-1pm**
 - **Penrith Fire Station: Tuesday 27 November 9.30-1pm**

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 arranged. Please contact us via: training@cemind.org to discuss.

These FREE courses are funded by

