



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

Tuesday 10 December – 1.30-5pm – Kendal

Monday 16 December 9.30-1pm – Carlisle

Monday 6 January 9.30-1pm – Penrith

Monday 20 January 1.30-5pm – Barrow

Monday 27 January 9.30-1pm – Carlisle

Tuesday 11 February 9.30-1pm - Workington

Tuesday 25 February 1.30-5pm - Kendal

Monday 9 March – 9.30-1pm – Carlisle

Tuesday 17 March – 9.30-1pm – Whitehaven

Wednesday 25 March – 9.30-1pm - Barrow

For more details or to book please email: training@cemind.org

FREE in house sessions can also be offered. Please contact us at: training@cemind.org to discuss.

These FREE courses are funded by

