



Training Dates Autumn 2022

Please see information below on our current course availability. These courses are fully funding for people living or working in Cumbria and can be booked via:

<https://www.eventbrite.co.uk/o/every-life-matters-19933502566>

All courses are delivered on zoom. Please note we have had a high level of DNAs and will consider charging a no-show fee to organisations.

Suicide First Aid:



This course teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach. The course is taught using tutor-facilitated Socratic learning, mini-lectures, group work and audio-visual presentations. This is a highly interactive and emotionally engaging learning experience delivered via zoom.

This course is fully funded by Lancashire and South Cumbria ICS – normal minimum cost per place £50. Participants must live or work in South Cumbria or Lancashire.

Completion of the training will also qualify individuals for the countywide Orange Button scheme

Dates:

Monday 12th September 9:30am- 1pm

Wednesday 16th November 9:30am- 1pm

Suicide Alertness:



This half day online training session is aimed at anyone who wants to understand more about suicide, how to know when someone may be having thoughts of suicide, how to talk directly and comfortably about suicide, and what we can all do to offer practical support.

Participants receive a worksheet, post course handbook and certificate.

Completion of the training will also qualify individuals for the countywide Orange Button scheme.

Dates:

Tuesday 20th September 9:30am-1pm

Open face to face dates are also being arranged – further details available soon

Safety Planning:



This 2 hour online session gives you the skills and tools to support an individual to develop their own safety plan.

It is suitable for anyone in a support role who has already taken one of our suicide awareness or alertness courses, and wants to gain further skills in helping someone create a safety plan.

Completion of the training will also qualify individuals for the countywide Orange Button scheme.

Dates:

Tuesday 11th October 9:30am- 11:30pm

Self Harm Alertness



This three hour online training session is suitable for school staff, health and social care practitioners, and anyone in the community who wants to know more about self-harm, and how they can support someone who is self-harming.

There is a focus on young people but the learning is transferable across all ages.

Dates:

Tuesday 27th September 9:30am – 12:30pm

Wednesday 2nd November 9:30am- 12:30pm

Supporting Children's Mental Health



This hour long session provides an insight into Mental Health, Self Harm and Suicide it is designed as an introduction for parents and carers or anyone who works with young people.

Dates:

Tuesday October 11th 1pm – 2pm

Suicide Awareness:



FREE Bitesize Online Training

Suicide Awareness

Learn more about suicide and what we can all do to help

- Getting informed
- Being Aware
- Asking Directly
- Listening Carefully
- Building Support

The poster features a black and white photograph of a man with a shaved head, looking thoughtful with his hand on his forehead. The text is overlaid on the left side of the image.

This one hour online training session is aimed at anyone who wants to understand more about suicide, how to know when someone may be having thoughts of suicide, how to talk directly and comfortably about suicide, and what we can all do to offer practical support.

Dates:

Wednesday 14th September 10am- 11am

Thursday 17th November 10am- 11am

Emotional Resilience:

FREE Half Day Online Training

Emotional Resilience

Develop and enhance your own emotional literacy as a way to support others

A Connecting With People Training module

Delivered by:

**Every
life
matters** ...



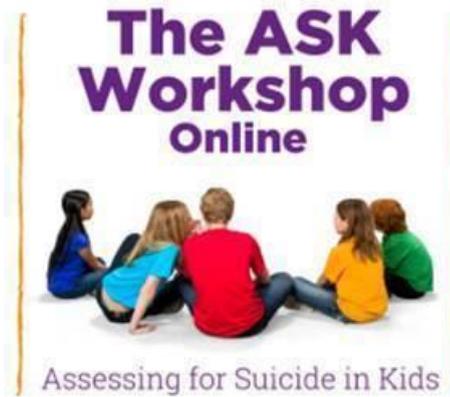
This Connecting with People half day training aims to enhance our own emotional resilience

Dates:

Thursday October 13th 9:30am – 12:30pm

ASK : Assessing Suicide in Kids

Without help, children thinking of suicide may become teens who act on those thoughts. The 'ASK' Workshop, Assessing for Suicide in Kids, is the only suicide prevention workshop that specifically addresses suicide risk in children and gives participants developmentally appropriate strategies and tools to identify young children at risk of suicide and quickly gather and organise key details needed to assess risk and inform safety planning.



Every Life Matters are delighted to be able to deliver several of these workshops on behalf of Cumbria County Council fully funded **for school staff across Cumbria.**

Course Dates:

- Course A: Day 1: Tuesday 4 October 2022 Day 2: Wednesday 5 October 2022
- Course B: Day 1: Tuesday 29 November 2022 Day 2: Wednesday 30 November 2022
- Course C: Day 1: Wednesday 25 January 2023 Day 2: Thursday 26 January 2023

To book please contact School Development school.development@cumbria.gov.uk or 01228 221312 / 221315 / 221316. Please note this is for school staff only. Non school staff – will be offered places if all places not filled – to be on a waiting list email training@every-life-matters.org.uk

In addition:

Youth MHFA: we will be delivering a 2 day Youth MHFA on November 21st and 22nd in North Cumbria – at a subsidised rate. More details to follow

Adult MHFA: we are looking to put on 2 day MHFA courses in the near future – contact us for more details or keep an eye for further info

ASIST: we will be delivering a 2 day ASIST course in Spring 2023 – contact us for more details.

We are also able to offer in house training of all the above and mental health awareness training for further details please contact juliet.gray@every-life-matters.org.uk

Also keep an eye out for details about our World Suicide Prevention Day Candlelit memorial events on Saturday 10th September being held across Cumbria at 8pm.