

Specialist Mental Health Training

SELF HARM AWARENESS

SUICIDE PREVENTION

SUICIDE BEREAVEMENT

MENTAL HEALTH AWARENESS

IN-PERSON • ONLINE • E-LEARNING

Plus specialist courses for those working with Children & Young People, Boys & Men, LGBTQIA+ Communities, Gypsy, Roma & Traveller Communities and Menopause & Mental Health

www.harmless.org.uk • sales@harmless.org.uk



Championing mental health – and helping you do the same

**Welcome to Harmless –
the centre of excellence for self
harm and suicide prevention.**

Every year, we support thousands of individuals who self harm, are experiencing a suicide crisis, or have been bereaved by suicide. Our approach is rooted in promoting health and recovery, reducing isolation and distress, and increasing awareness and intervention skills.

But we're also passionate about sharing what we know. We believe that everyone should feel confident talking about mental health and supporting those in distress. That's why we created a training department – The Academy at Harmless – equipping individuals to respond with confidence and compassion when it matters most.



Did you know?

1 in 4 people will experience a mental health problem of some kind each year in England*

WHAT WE OFFER

The Academy at Harmless provides specialist training to help you build the skills, confidence and understanding needed to support people in distress.

Since 2012, we've delivered over 1,800 sessions, equipping more than 34,000 people with expertise in self harm awareness, suicide prevention, suicide bereavement support, and mental health awareness. This knowledge creates a ripple effect, changing and saving countless lives. Our training has been delivered in schools, clinical settings, community halls, local councils, and even a Ministry of Defence base.

Grounded in a belief in recovery, our courses promote empathy and give you practical, evidence-based tools you can use immediately. You'll reflect on your own perspectives while gaining a deeper understanding of the challenges faced by those experiencing self harm, suicidal thoughts or mental health difficulties.

Choose a format that works for you – from short workshops and full-day sessions to two-day programmes, Train the Trainer courses, or flexible E-Learning. We deliver training in-person or online via Zoom or Teams, tailoring each session to our audience. Our bespoke programmes are adaptable to all levels, from those with no prior mental health experience to senior clinical professionals.

Our CPD-accredited, research-informed training aligns with the National Suicide Prevention Strategy, NICE guidelines, and Health Education England's Competence Frameworks. For large organisations, we can manage everything from promotion to evaluation, ensuring you can measure real, lasting impact.

Did you know?

1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England*

Our specialist training aligns with national guidelines and can be delivered in-person, online or via our E-Learning platform

“Excellent training. Open, honest, interactive – and it incorporates real-life experiences to help understanding”

* Source: www.mind.org.uk

OUR COMMITMENT

At Harmless, we're here to help you save lives and create meaningful change. Our training is interactive, inclusive and designed to make a real difference. You'll take part in discussions, case studies, activities, audio/visuals and – if you choose – role play, so your learning style is always supported.

Your wellbeing comes first. We know mental health topics can be emotionally demanding, so in-session support is always available, and our clinical team is ready to offer extra guidance whenever it is needed.

You and your colleagues will be learning from Training & Education Officers who are experts in suicide prevention and postvention, blending professional expertise with lived experience to give you practical, real-world insight. We'll also work with you or your organisation to create a bespoke programme that meets your specific goals and learning outcomes.

WHY CHOOSE US?

When you choose Harmless, you're investing in more than training – you're funding life-saving work. As a Community Interest Company, every penny we earn goes directly into sustaining and growing our free clinical support services, ensuring help is there for those who need it most.

Each course is developed collaboratively by our training specialists, clinical team and people with lived experience. That means every session you attend is grounded in both professional knowledge and the voices of those who've been there.

Did you know?

Over the course of someone's lifetime 1 in 5 people have suicidal thoughts and 1 in 14 people self harm*

Our evidence-based training inspires recovery – and supports our vital life-saving services

“ Really good training – it has heightened my understanding and I now feel more confident with the tools and information shared. Thank you so much”



Our courses are designed to be flexible and can be delivered in a way that ensures the best outcomes for you, your team, community or organisation.

IN-PERSON

We have delivered in-person training to thousands of delegates nationwide, working with groups of all sizes.

A skilled Training & Education Officer will bring each session to life through presentations, group dialogue, interactive media and practical exercises.

After the course, participants receive supporting resources and a certificate.

ONLINE

Online training is our most popular option, delivered via Zoom or MS Teams for individuals or groups (we recommend a maximum of 30 participants).

An expert Training & Education Officer will guide you through discussions, quizzes and videos for an engaging, rewarding experience. Course materials and a certificate are supplied upon completion.

E-LEARNING

Our E-Learning offers affordable, flexible access to essential training anytime, anywhere.

Through our bespoke portal, you'll work through innovative module-based courses featuring interactive videos, quizzes and creative exercises.

Learn at your own pace, pick up where you left off, and earn a certificate when you finish.

Our suggested training levels are designed to match existing skills and roles, but can be customised to fit anyone's needs.

LEVEL 1: INTRODUCTORY

Suitable for all, level 1 training is for individuals with an interest in developing their understanding without having a specific professional responsibility for support work, e.g. general public, friends, family, transport staff, receptionists and volunteers.

LEVEL 2: INTERMEDIATE

Suitable for those with some existing understanding of mental health, self harm and suicide (including previous training), level 2 is for front-line staff whose role involves supporting people. These staff may come into contact with individuals in distress, but their roles do not primarily involve specific self harm or crisis support work, e.g. housing support, teaching staff and community support workers.

LEVEL 3: ADVANCED

Suitable for those with previous introductory level training, level 3 is for front-line staff working to support specific mental health needs whose role is providing support to individuals experiencing mental health difficulties, self harm, suicide crisis and/or bereavement by suicide, e.g. mental health support workers, nurses, GPs, SENCOs, bereavement counsellors and psychology professionals.

LEVEL 4: SPECIALIST

Suitable for specialist mental health professionals, level 4 programmes are available to those who have previously completed at least a level 3 course and want to progress their knowledge and practical clinical skills, e.g. specialist mental health workers and nurses, psychological wellbeing practitioners, crisis support workers, suicide bereavement counsellors and psychiatry professionals.



Learn from leading specialists who deliver every course to the highest standards. Each programme is shaped with input from service users, providers, academics and policymakers, so you benefit from both expert knowledge and real-world experience. We tailor every training package to your specific needs, making sure it's relevant and practical for your professional or community setting.

“Very impactful and informative. The trainer was fantastic and very engaging throughout. She was also mindful of the emotional impact that the training may have and made sure to check on our wellbeing throughout”

COURSE OVERVIEWS

SELF HARM AWARENESS

Self harm is a complex, often misunderstood issue that can affect anyone, regardless of age or background. Our Self Harm Awareness training gives you the knowledge and skills to respond with confidence, understanding and compassion.

Whether you're starting from scratch or building on existing expertise, you'll benefit from flexible, inclusive learning designed to meet your needs.

SUICIDE PREVENTION

Our Suicide Prevention packages give you the tools to support those at risk, challenge stigma and foster recovery – building the practical skills and confidence to help people affected by suicidal thoughts, their families and communities.

You can also join our accredited LivingWorks courses, including **ASIST** and **SuicideTalk**, to further enhance your understanding and intervention skills.

SUICIDE BEREAVEMENT

Suicide bereavement brings a complex grief that calls for sensitivity and compassion. Our training gives you the knowledge, skills and confidence to offer respectful support, break down barriers and use helpful, appropriate language.

Designed for workplaces or community settings, each package equips you to make a positive difference in the lives of those affected.

MENTAL HEALTH AWARENESS

Poor mental health affects individuals, families, friends and workplaces. Whether you're a manager supporting staff or a frontline worker responding to someone in need, our training gives you practical tools and clear insights to act effectively.

We also provide **Mental Health First Aid (MHFA)** and **MHFA Lite** courses, empowering you to offer effective, meaningful support.

We also provide targeted courses designed for those supporting specific groups, delivering specialised skills and focused expertise.

CHILDREN & YOUNG PEOPLE SELF HARM AWARENESS

This course gives you the knowledge to understand self harm in the context of children and young people. You will learn to identify risk factors, challenge stigma, recognise the impact on families – especially parents and carers – and apply evidence-based strategies to support young people.

LGBTQIA+ SELF HARM & SUICIDE PREVENTION

This course increases awareness of self harm and suicide within the LGBTQIA+ community and helps you to recognise the unique risk factors that affect it. You will gain practical skills to create a more inclusive, supportive environment and to confidently challenge stigma and discrimination.

MENOPAUSE, MENTAL HEALTH & SUICIDE AWARENESS

Women aged 45–54 – the typical perimenopause and menopause years – have the highest suicide rates among UK women. This course will help you understand the impact of menopause on mental health, recognise both biological and psychosocial risk factors, and develop the skills to respond with sensitivity and practical support.

GYSPY, ROMA & TRAVELLER SELF HARM & SUICIDE PREVENTION

Endorsed by Friends, Families & Travellers, this course offers bespoke, culturally-appropriate content for groups often marginalised from mainstream support. It builds awareness of self harm and suicide in Gypsy, Roma and Traveller communities, challenges stigma and discrimination, and increases confidence to support someone in distress.

BOYS & MEN SELF HARM & SUICIDE PREVENTION

Research shows men are three times more likely to die by suicide than women, yet far less likely to seek support. Our training equips you with knowledge of male-specific risk factors and practical skills to challenge stigma around men's mental health. The course also builds confidence to spot risks early and offer timely support.



We would love to hear from you about your training needs. Our friendly team aims to respond to all enquiries within two working days. Simply complete our [enquiry form by clicking here](#) or scanning the QR code. We can also schedule a phone call or video meeting to further discuss your requirements.

Alternatively, you can contact us via the details below.

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