



## Training Dates Summer 2022

All these courses are fully funded (except Youth MHFA) and can be booked via:

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

*Please note after these current courses we will not be offering open courses until September. Although in-house training may still be available.*

### 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.

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

#### **Dates:**

**Thursday 12<sup>th</sup> May 9:30am – 1:00pm**

## 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. This is an orange button training.

### **Dates:**

**Tuesday 26<sup>th</sup> April 9:30am-11:30am**

**Thursday 19<sup>th</sup> May 9:30am- 11:30am**

## 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:**

**Wednesday 18<sup>th</sup> May 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 10<sup>th</sup> May 10am- 11am**

**Wednesday 8<sup>th</sup> June 12pm-1pm**

## Suicide Awareness:



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:**

**Tuesday 10<sup>th</sup> May 12pm- 1pm**

**Wednesday 8<sup>th</sup> June 10am-11am**

## Suicide First Aid:



FREE Half Day Online Training

### Suicide First Aid

Understanding Suicide Interventions  
For people living or working in  
**South Cumbria**

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Orange Button Training 

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.

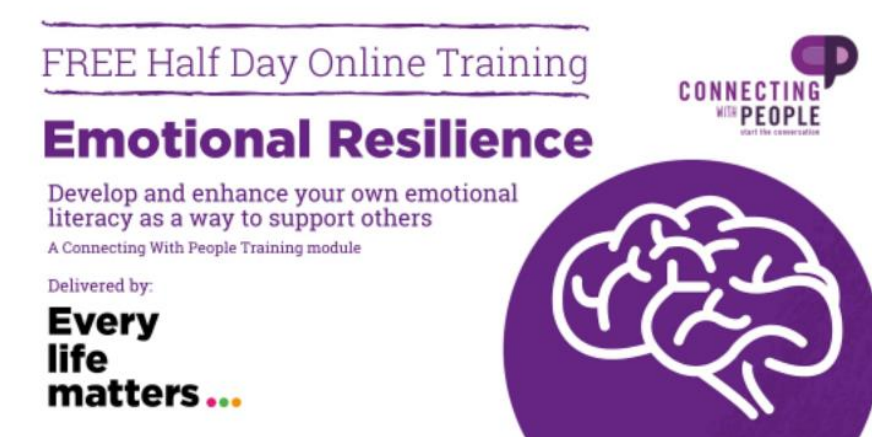
This course is fully funded by Lancashire and South Cumbria ICS – normal minimum cost per place £35.

### Dates:

Thursday 9<sup>th</sup> June 9:30am - 1pm

Tuesday 5<sup>th</sup> July 9:30am – 1pm

## 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:

Tuesday June 14<sup>th</sup> 9:30am-12:30pm

## Youth MHFA – 2 day course:



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### **Youth Mental Health First Aid**

Identify, understand and help a young person experiencing a mental health issue.

**Queen Katherine School Kendal  
Mon 11th and Tues 12th July 2022**

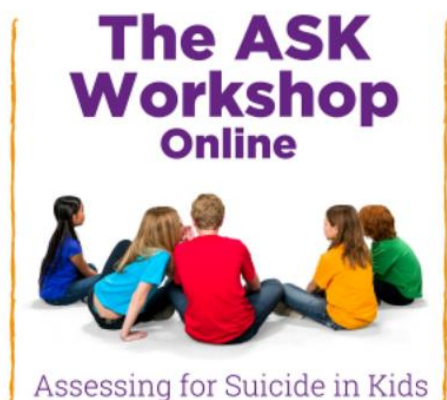
to book: <https://www.eventbrite.co.uk/e/youth-mental-health-first-aid-2-day-tickets-321330025757>

**COST: £80 for two days ( course heavily subsidised)**

We are pleased to be able to offer a face to face 2 day Youth MHFA course at Queen Katherine School in Kendal on Monday 11<sup>th</sup> and Tuesday 12<sup>th</sup> July – we are offering this at a heavily subsidised rate of £80.

<https://www.eventbrite.co.uk/e/youth-mental-health-first-aid-2-day-tickets-321330025757>

## 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. Dates are being finalised currently with School Development. To be kept informed please contact us on [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

**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](mailto:juliet.gray@every-life-matters.org.uk)**