

CLICK HERE
TO BOOK
NOW

FROM HARM TO HOPE:

The 10th National Self Harm & Suicide Prevention Conference 2025

EVERY LIFE MATTERS, BUT WHO DO WE SAVE?
THE COMPETING DEMANDS ON SERVICES WHEN DELIVERING
LIFE-SAVING SELF HARM AND SUICIDE PREVENTION WORK

FRIDAY 28th FEBRUARY 2025 9am – 5pm
TRENT CONFERENCE CENTRE, TRENT VINEYARD, NOTTINGHAM NG7 2PX
IN PERSON & ONLINE • WWW.HARMLESS.ORG.UK

FROM HARM TO HOPE:

The 10th National Self Harm & Suicide Prevention Conference 2025

CLICK HERE
TO BOOK
NOW

AN INSPIRATIONAL DAY OF LEARNING AND COLLABORATION



Join Harmless – the national centre of excellence for self harm and suicide prevention – as it leads National Self Harm Awareness Day 2025 with its annual flagship conference. Featuring a range of expert speakers and leading academics, this is your opportunity to join delegates from across the sector for an engaging day of specialist and evidence-based content.

We are delighted to confirm that our plenary speakers and workshop leaders include representatives from:

- **Department of Health and Social Care**
- **National Suicide Prevention Alliance**
- **Sehhat**
- **Harmless & The Tomorrow Project**
- **Gambling With Lives Nottingham**
- **Tough to Talk**
- **Friends, Families & Travellers**
- **Papyrus**
- **The People Booster**

A full agenda is included on the following page. Fully CPD-accredited, the event will deliver knowledge and practical solutions for implementation in real-life situations, as well as the chance to share experiences. The format includes plenary presentations, workshops and

networking opportunities. Uniquely for events of this type, all proceeds from ticket sales go directly towards funding Harmless' life-saving services.

2025 will see us celebrate the 10th edition of the conference and our theme for this year is *Every Life Matters, But Who Do We Save? The Competing Demands on Services When Delivering Life-Saving Self Harm and Suicide Prevention Work*. As at previous events, our strategic focus will be on:

- Collaborative Partnership
- Service-User Representation
- Effective Practice
- Driving Change
- Overcoming Stigma and Discrimination

Following two hugely successful conferences at Trent Conference Centre in Nottingham, we are delighted to be returning there again for this year's event. Refreshments and a complimentary hot lunch are included with your ticket. The venue is well served by public transport and has ample car parking. Delegates unable to attend in person can also participate via a live stream.

We hope you can join us to learn, collaborate and contribute to what is always a fascinating and memorable event.

FROM HARM TO HOPE:

The 10th National Self Harm & Suicide Prevention Conference 2025

CLICK HERE
TO BOOK
NOW

PLENARY SESSIONS

DEPARTMENT OF HEALTH & SOCIAL CARE

Government Strategy and Direction

ROSIE ELLIS

National Suicide Prevention Alliance

Collaboration & Other Key Themes in the Suicide Prevention Strategy

SANDY KAUR

Sehhat

Meri Awaaz (My Voice): Self Harm & Suicide in the Punjabi & South Asian Community

CAROLINE HARROE & CHLOE WEBSTER-HARRIS

Harmless & The Tomorrow Project

Exploring the Impact of Stabilisation & Therapy on Impulsivity in Self Harm: A Randomised Control Trial

HARMLESS & THE TOMORROW PROJECT

- *Why Young Minds Quit: Addressing Youth Attrition in Mental Health Services*
- *Beyond the Rainbow: Neurodiversity, LGBTQIA+ Identity, and Support Needs*
- *Weighing the Burden: Supporting Staff Well-being in Suicide Prevention*

WORKSHOPS

JAMES GRIMES

Gambling With Lives Nottingham

Gambling-Related Harms & Suicide Prevention

STEVE WHITTLE

Tough To Talk

Break the Silence – Bridging the Gender Mental Health Gap

JONATHAN JONES

Friends, Families & Travellers

Reducing Barriers for Gypsy, Roma & Traveller Communities

GED FLYNN

Papyrus

Resilience & Young People

LEANNE MOULTON & KATIE FREEMAN

Harmless & The Tomorrow Project

Chronic Suicidality & Self Harm: A Complex Interplay

PAM BURROWS

The People Booster

Workforce Wellbeing: Managing Stress & Avoiding Burnout

* Final agenda items will be confirmed shortly.

All information is correct at the time of going to press, but is subject to change due to any unforeseen circumstances.

“Brilliantly informative and thought-provoking”

“Such an excellent, inspiring, passionate day”

“All information was relevant and important. 10/10”

“A great mix of delegates and networking opportunities”

- Previous Delegates

DATE & VENUE

The conference takes place on **FRIDAY 28th FEBRUARY 2025** from **9am – 5pm (BST)** at **Trent Conference Centre, Trent Vineyard, Unit 1, Easter Park, Nottingham NG7 2PX**. You can also join the event via our **LIVE STREAM**.

FURTHER INFORMATION

For further information, please visit www.harmless.org.uk

If you have any specific queries, please contact training@harmless.org.uk

UPDATES

The best way of keeping up-to-date with the latest news regarding our guest speakers is to join our **mailing list** or to follow us on X: **@HarmlessUK**

BOOKING

All tickets are available from **our Eventbrite page**.

In-Person: £130
Live Stream: £80

All revenues raised through ticket sales go directly towards supporting Harmless' life-saving services.