

Suicide prevention is everyone's business

Free

Suicide Prevention Training

Suicide Alertness 3.5 hr online
18th June
29th September

Suicide Alertness 3.5 hr face-to-face
6th June - Barrow
16th June - Whitehaven
24th June - Penrith

Suicide Alertness Bitesize 1hr online
10th September
(World Suicide Prevention Day)
23rd September

Self-harm Alertness 3.5hr online
12th November

Safety Planning 2.5hr online
8th October
2nd December

[Book here](#)

Mental Health Training

Mental Health First Aid
2 day face-to-face
Course cost £220



Penrith
13th & 14th October

Online
Course Cost £190
12th & 13th November

**Mental Health Awareness
in the Workplace** 3.5hr online
Course cost £45

23 June 2026
7th October

[Book here](#)

Take Action Against Suicide

The new British Standard guidance (BS 30480) highlights the growing importance of suicide prevention and postvention in the workplace. (QR below for guidance)

Increasingly, employers are recognising the value of having a clear, dedicated strategy for suicide prevention and response – including support following an employee suicide – alongside their wider mental health and wellbeing initiatives.

Every Life Matters supports organisations of all sizes to take practical steps towards becoming suicide-safer workplaces. This includes access to toolkits, training programmes, and a range of evidence-based resources designed to help build awareness, confidence, and effective support pathways.

For more information, please contact Training Manager Juliet Gray at training@every-life-matters.org.uk to discuss how your organisation can be supported further.

