



SPACE 2B YOU WORKSHOPS 2025

Alongside our other services, we run a programme of individual online workshops which are available to anyone involved in supporting those living with mental health difficulties. Please see below for details of what we are running in the coming months. A summary of the content together with the link to join are included. **NO BOOKING REQUIRED** – just turn up. We look forward to seeing you.

Self-harm

Develop an understanding of what self-harm is including an exploration of its purpose, impact, and associated risks. We will consider how these can change and potential responses (including safety plans).

Thursday 27th March 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 361 383 338 586

Passcode: tR2kC9aB

Self-Care

The workshop aims to support you to take responsibility for your personal wellbeing, explore your current position and what you would like to change and how.

Wednesday 30th April 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 390 440 991 711

Passcode: MG3x8hG3

Crisis Management

Explore what a crisis means in your situation, understand intensity and risk, consider individual needs, identify support networks, and develop a Crisis Management Plan.



Thursday 15th May 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 312 172 900 584

Passcode: Aw3pJ2G4

Managing Suicidal Thinking

An opportunity to explore the difficult topic of suicidal thoughts; including triggers, risks, impact, and strategies which can be helpful

Monday 9th June 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 340 905 817 875

Passcode: bB69rz2Q

Recovery – What does the future look like

An opportunity to understand what recovery means to you and others and explore options for your journey forward

Wednesday 2nd July 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 314 396 148 178

Passcode: Wp3ry9eq

Communication Skills

Explore how we communicate with ourselves and others, understand the importance of language, and develop positive communication skills.

Thursday 21st August 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 348 214 162 732

Passcode: 6am3A6AV



Validation

Develop our understanding of what validation is (and what it is not), explore the notion of self-validation, and how validation promotes positive self-identity and worth.

Wednesday 24th September 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 369 603 347 804

Passcode: Tv2cC3hh

Changing relationships

Issues covered in this workshop will include: loss and the grief cycle, shifting responsibilities, guilt, and acceptance

Monday 13th October 7-8.30pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 344 499 313 630

Passcode: ht332RS3

Neurodivergence (RAID) Reinforce Appropriate, Implode Disruptive

During this training you will develop your understanding of:

- 1. The RIAD approach is and how it works in different contexts*
- 2. Understand key terminology regarding the RAID approach*
- 3. Understand the theoretical underpinnings of the RAID approach*
- 4. Develop an awareness of how you can support using the RAID approach*

Wednesday 19th November 6-8pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 359 677 668 496

Passcode: 2JZ9Pd2q



Navigating mental health services.

During this training you will develop your understanding of:

- 1. The mental health act key elements of the act you may want to know*
- 2. Navigating the system regarding mental health - how to ask the right people the right questions*

Thursday 4th December 6-8pm

Microsoft Teams Need help?

[Join the meeting now](#)

Meeting ID: 320 949 894 56

Passcode: oq74Qh24

If you have difficulty accessing these workshops, please email admin@space2byou.co.uk