



here to help

# TRAINING & SUPPORT CATALOGUE

here2help.uk



2026-2027

# INTRODUCTION



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Supporting neurodivergent individuals in the context of suicide prevention requires more than standard training it demands approaches that are specialist, evidence-informed, and shaped by the voices of those with lived experience. Autistic people face unique risk factors, communication differences, and systemic barriers that can increase vulnerability while simultaneously making traditional mental-health pathways less accessible or less effective. As a result, professionals, families, and services need training that reflects the realities of neurodivergent lives, not generic assumptions.



The Here to Help training offer is built on the principle that meaningful change happens when learning is co-designed, neuro-affirming, and context-specific. Sessions have been developed in collaboration with autistic individuals, practitioners, and sector experts to ensure that content is not only accurate, but deeply relevant and grounded in lived experience. This approach strengthens protective factors, enhances relational safety, and equips people with practical strategies that genuinely work in real-world settings.

By investing in specialist training, organisations and individuals can build environments where autistic people feel understood, supported, and safe environments where early intervention is possible, distress is recognised sooner, and suicide prevention becomes a shared, informed responsibility.

This catalogue outlines a range of courses and workshops for autistic/neurodivergent individuals, families, carers and professionals designed to build confidence, competence, and compassion across all settings, ensuring that every learner is equipped to make a meaningful difference.



# HERE TO HELP PROFESSIONAL'S TRAINING



Neurodivergent individuals experience significantly elevated rates of mental-health difficulties and suicidality, yet mainstream services often lack the specialist knowledge required to identify risk early, respond appropriately, and provide safe, accessible support. To address this gap, our professional training programme delivers evidence-informed, co-designed learning that strengthens organisational capability and improves outcomes for neurodivergent people across health, social care, education, and community settings.

Training is designed to support organisations in meeting statutory duties, reducing inequalities, and improving service accessibility. By equipping teams with the skills and confidence to deliver neuro-affirming, person-centred support, our sessions contribute directly to improved safeguarding practice, reduced crisis escalation, and more effective multi-agency working.

Our offer includes standalone sessions, structured training pathways, and bespoke programmes tailored to local priorities, workforce needs, and commissioning objectives.

Each course is delivered as a 1 - 1.5-hour standalone session, with the option to combine multiple topics into half-day, full-day, or longer structured/modular programmes. We work closely with organisations to ensure every session is relevant, practical, and aligned with your priorities, current practice, and the needs of your staff or service users.

Where more specialised input is required, we incorporate tailored resources, real-world scenarios, and focused guidance specific to your setting. Our aim is to deliver training that is impactful, context-specific, and capable of creating lasting positive outcomes across your organisation.

Course	Course Name	Content Summary
PRO1	General Introduction to Autism, Mental Health & Suicidality	This session provides a clear, accessible introduction to how autism intersects with mental health and suicidality. It explores key risk and protective factors, why autistic people may experience distress differently, and how signs of crisis can present in non-typical ways. Participants gain practical insight into supporting safety, communication, and early intervention across a range of settings.
PRO2	Creating Psychological Safety for Autistic Employees	This session introduces practical ways to build workplaces where autistic employees feel safe, understood, and able to perform at their best. It explores how culture, communication, and sensory environments impact wellbeing, and offers straightforward strategies for managers and teams to create more inclusive, supportive working practices.
PRO3	Promoting Positive Therapeutic Environments	This session explores how to create therapeutic spaces that feel safe, accessible, and supportive for individuals. It introduces practical adaptations to communication, sensory environments, and session structure, helping practitioners reduce barriers, build trust, and deliver more effective, neuro-affirming support
PRO4	Autism, MH & Suicidality for Professionals (Children)	This session supports professionals working with autistic children and young people to recognise and respond to mental-health challenges and suicidality. It explores how distress and risk may present differently in autistic children, the unique factors that increase vulnerability, and the protective strategies that strengthen safety.
PRO5	Autism, MH & Suicidality for Professionals (Adults)	This session offers a deeper exploration of suicidality within autistic populations, focusing on complex presentations, nuanced risk assessment, and specialist intervention approaches. It examines less-recognised risk indicators, masking and camouflaging in crisis, and the impact of trauma, intersectionality, and unmet needs on escalating distress. Participants develop enhanced skills in formulation, safety planning, and multi-agency collaboration, with an emphasis on adapting professional practice to support autistic individuals with higher or more complex levels of risk.
PRO6	Autism & LGBTQ+, Mental Health & Suicidality	This session explores the unique experiences of autistic LGBTQ+ individuals and how intersecting identities can influence mental health, distress, and vulnerability to suicidality. It highlights the impact of minority stress, discrimination, masking, and unmet support needs, while also identifying key protective factors that strengthen safety and wellbeing.
PRO7	Autism & Self-Harm (Professional Version)	This session provides a deeper exploration of Self-Harm within autistic populations, focusing on complex presentations, lesser-recognised forms of non-suicidal self-injury, and the influence of sensory, cognitive, and emotional processing differences. It examines how masking, trauma, communication barriers, and unmet needs can shape risk, alongside the challenges professionals face when assessing intent or distress in autistic individuals. Participants develop enhanced skills in formulation, adapted intervention planning, and creating safe, neuro-affirming environments that reduce harm and strengthen protective factors across clinical, educational, and care settings.

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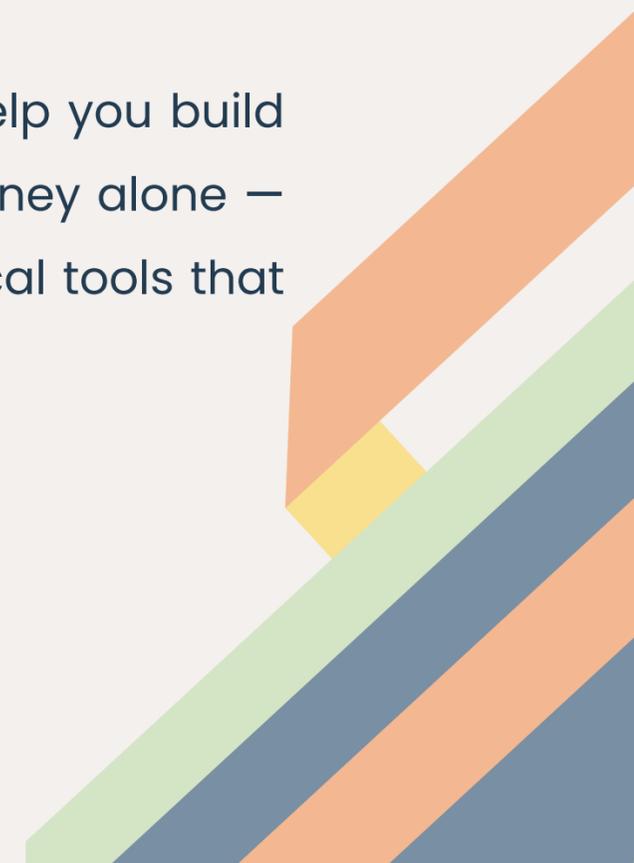
## PARENT-FOCUSED WORKSHOPS & SESSIONS



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Parenting an autistic child can be joyful, complex, and at times overwhelming. These workshops are designed to offer reassurance, practical guidance, and a space where parents feel genuinely understood. Each session is shaped by lived experience and evidence-informed practice, giving you clear, compassionate strategies you can use in everyday life.

Whether you're supporting your child with emotions, anxiety, self-care, or transitions, our sessions help you build confidence, reduce stress, and strengthen connection at home. You don't have to navigate this journey alone — these workshops are here to support you and your family with understanding, empathy, and practical tools that make a real difference



Course	Session Name	Content Summary
PA1	Quick Tips for Supporting Your Children with Positive Wellbeing	This session offers practical, easy-to-use strategies to support your child's emotional well-being in everyday life. It introduces simple approaches to help children manage stress, build confidence, and feel more secure, while also giving parents clear guidance on creating calm, supportive home environments. The focus is on small, achievable changes that make a meaningful difference to your child's overall well-being
PA2	Supporting Your Child with Emotional Recognition	This session helps parents understand how autistic children experience and express emotions. It introduces emotion and behaviour wheels, alongside practical strategies to support emotional awareness, communication, and regulation.
PA3	Supporting Your Child with Self-Care	This session explores how to support your child with everyday self-care, including sleep, nutrition, routines, and healthy habits. Parents gain practical tools to reduce stress and make self-care more achievable and predictable
PA4	Supporting Your Child During Transition	This session explains why transitions can be challenging for autistic children and provides practical strategies to prepare, support, and reduce anxiety during changes in routine, environment, or activity.
PA5	Introduction to Stimming	This session helps parents understand what stimming is, why it matters, and how it supports regulation. It offers guidance on responding to stimming in ways that are safe, affirming, and supportive of your child's needs
PA6	Supporting Your Child with PDA	This session introduces the key features of Pathological Demand Avoidance and offers practical, compassionate strategies to support children who experience high levels of demand-related anxiety.
PA7	Autism & Anxiety (Parent Version)	This session provides an in-depth look at how autistic children experience anxiety and how it may present differently. Parents learn practical, neuroaffirming strategies to reduce anxiety and support their child's sense of safety.
PA8	Autism & Self-Harm (Parent Version)	This session helps parents understand non-suicidal self-injury in autistic children, exploring why it may occur and how to respond safely and supportively. It includes guidance on communication, reducing triggers, and accessing appropriate help.

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## WORKSHOPS FOR NEURODIVERGENT INDIVIDUALS

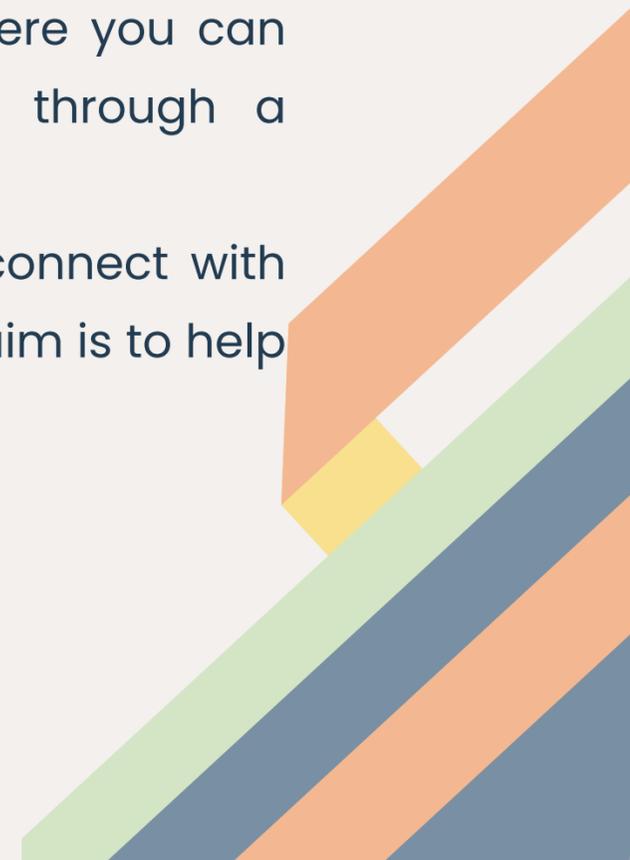


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### Promoting Positive Health & Wellbeing

These workshops are designed to support neurodivergent people in ways that feel respectful, empowering, and genuinely useful. Each session offers practical tools to help you understand your needs, build confidence, and navigate everyday challenges with greater ease. We focus on creating safe, affirming spaces where you can explore strategies for wellbeing, emotional regulation, self-care, and personal growth – all through a neurodivergent-positive lens.

Whether you're looking to strengthen your mental health, develop supportive routines, or simply connect with ideas that make life feel more manageable, these sessions are here to meet you where you are. Our aim is to help you feel understood, equipped, and supported as you build a life that works for you.



<b>Course No.</b>	<b>Workshop Name</b>	<b>Content Summary</b>
ACT 1	Energy Accounting	Learn how to balance draining and restoring activities using simple tools that support emotional regulation and wellbeing. This session helps participants identify patterns, set boundaries, and build routines that protect energy.
ACT 2	Joy Journaling	Explore creative journaling with positive prompts and decorative elements that support self-expression and emotional uplift. Participants create personalised journals that celebrate joy, strengths, and everyday wins.
ACT 3	Emotion Behaviour & Body Wheels	Understand how emotions show up in the body and behaviour. This session introduces visual tools to help individuals recognise, name, and respond to emotional states in a supportive, accessible way.
ACT 4	Sensory First Aid Kits	Create personalised sensory kits that support grounding, regulation, and comfort. Participants explore sensory preferences and build practical tools they can use during moments of overwhelm or stress.
ACT 5	Hope Jars	Design and fill jars with hopeful items, messages, and sensory elements that offer comfort and encouragement. This creative activity promotes resilience, self-soothing, and emotional connection.
ACT 6	Hope Mapping	Use visual mapping to explore future goals, identify barriers, and plan supportive steps forward. This session helps participants build hope, direction, and confidence in navigating change.
ACT 7	Affirmations Workshop	Create and personalise affirmation cards that support self-esteem, motivation, and emotional resilience. Participants learn how to use affirmations meaningfully in daily life
ACT 8	Joy Calendar Workshop	Design a joy-focused wall calendar filled with uplifting prompts, activities, and reminders. This session supports routine-building, positive anticipation, and emotional wellbeing through creative planning.

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## CONSULTANCY & TRAINING OVERVIEW

Here to Help offers a flexible, collaborative consultancy and training service designed to strengthen neuro-affirming practice across health, social care, education, and community settings. Working alongside organisations, we co-design bespoke training packages and workshops that respond directly to your priorities, workforce needs, and strategic objectives.

Our approach blends evidence-based practice, lived experience insight, and practical tools that support teams to create capable, inclusive environments where neurodivergent people can thrive. Whether you are seeking to enhance organisational awareness, embed neuro-affirming principles into policy and practice, or develop specialist skills within your workforce, Here to Help provides tailored solutions that translate theory into meaningful, sustainable change.

Every package is fully customisable, ensuring relevance to your service model, population needs, and organisational culture. Through collaborative design, clear objectives, and practical implementation support, Here to Help enables organisations to build confidence, improve outcomes, and embed inclusive, future-focused practice at every level.

# THEMES OF

# TRAINING AND CONSULTANCY

## NEURODIVERSITY AWARENESS AND UNDERSTANDING

Building foundational knowledge and confidence across teams.

## NEURO-AFFIRMING PRACTICE DEVELOPMENT

Embedding strengths-based, person-centred approaches aligned with current research and best practice when supporting suicide awareness & mental health.

## CREATING CAPABLE ENVIRONMENTS

Practical strategies to adapt physical, social, and organisational environments to reduce barriers and enhance inclusion.

## POLICY, PROCEDURE, AND PRACTICE REVIEW

Supporting organisations to align internal systems with neuro-affirming principles and inclusive governance to promote positive wellbeing.

## WORKFORCE DEVELOPMENT AND REFLECTIVE PRACTICE

Facilitating safe, reflective spaces, coaching, and skills-based workshops to strengthen professional capability.

# MEET THE TEAM



**MERYEM CETINKAYA**

PROJECT MANAGER - HERE TO HELP

Meryem is a psychological counsellor with over ten years of experience supporting people at risk and working to improve mental wellbeing. She holds master's degrees in Women's Studies and Applied Psychology, which shape her inclusive and intersectional approach.

In recent years, she has specialised in disability support, providing academic and wellbeing support to neurodivergent and disabled students in higher education.



**ASHLEY WILSON**

HEAD OF QUALITY AND DEVELOPMENT- SJOG

Ashley is Head of Quality and Service Development at SJOG and has been involved from the project's inception. She holds an MA in Autism and has strong experience in project management and service development.

She has worked with autistic adults and children throughout her career, using research and evidence-based approaches to improve practice. Ashley is committed to co-production and ensuring support is person-centred and shaped by lived experience.



**CHERYL CULLEN**

PROJECT OFFICER - HERE TO HELP

Cheryl is a psychotherapeutic counsellor with a background in social care, supporting people affected by drug and alcohol use, as well as children and adults facing mental health challenges. She brings a compassionate, down-to-earth approach, grounded in respect for each person's unique experience. Well suited to the project officer role supporting autistic individuals, Cheryl is comfortable discussing difficult topics openly and honestly.

# TRAINING & SUPPORT **FEEDBACK**

I would recommend this training to other staff. very informative training

It brought alot more awareness for me.

It was very engaging and thought provoking in relation to supporting bereaved people.

Information was well researched and presented. The open discussion were super helpful too

The openness of the training and the ability to ask questions in a non judgemental environment were the most I liked at this training

The presentation on autism met my expectations as a therapist. I found it particularly valuable that the session highlighted both the theoretical understanding and the practical approaches that can be applied in therapeutic settings. The discussion around neurodiversity, communication strategies, and individualised support deepened my awareness and offered useful insights for my clinical practice.

The delivery was very good and informative throughout with interactive activities to get views from other agencies.

Statistics, tips, practice guidance were specifically most valuable part of the training

# CONTACT US

If you have any questions or need assistance with your program, feel free to reach out to our dedicated support team.

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