



Self-harm Awareness Training

All sessions delivered by ZOOM webinar

Wednesday 24th September 09:30 – 12:30

Tuesday 18th November 09:30 – 12:30

Thursday 29th January 09:30 – 12:30

Tuesday 24th March 09:30 – 12:30

Tuesday 21st October 13:30 – 16:30

Thursday 4th December 13:30 – 16:30

Wednesday 25th February 13:30 – 16:30

[Click here to register your attendance](#)

This course is free to attend. Please make every effort to attend and inform us promptly if you're unable to. A charge may apply for non-attendance without notice.

Key Learning Outcomes Include:

- **Suitable for ALL** i.e. community members with no previous training
- Look at myths and stigma associated with self-harm
- Understand the **reasons why** people self-harm including the biological and psychological impact
- Practice how to talk to someone in distress who may self-harm and help to find **safer ways to deal with distress**
- **Practical strategies** to support people who disclose that they self-harm
- **Resources available** to support someone who is living with self-harm

If your chosen date is full, please [scan the QR Code](#) to be added to the session waitlist:



Testimonials:

"I am sure I will feel much more confident in addressing self harm. I always ask about it but rarely delve any deeper into it."

"I feel more informed when having to consult and treat these patients with self harm"

"The information was sufficient to be able to identify risk factors to people who self harm and ways to approach the patient in a more caring and attentive manner"

