

Jan Rilatt of **youplus**

presents a workshop on

## ***SELF HARM AWARENESS – FOLLOW ON DAY***

### **Target audience:**

Counsellors, Social Services, Education, Health, Police, Voluntary and Community Groups and anyone who has been affected by Self Harm and has an interest in furthering their existing knowledge. (*Note: Attendees must have attended the Self Harm Awareness workshop – day 1*).

### **Following the workshop, you will be able to:**

- Identify three main categories of self harm/injury
- Recognise the cycle of self injury
- Identify a variety of helping and healing mechanisms, therapies and responses
- Explore common characteristics of people who self harm
- Consider the effects of self harming behaviour on the family, wider community & society
- Increase overall awareness and understanding of suicide

**Dates: Thursday 20<sup>th</sup> November 2014  
or Tuesday 24<sup>th</sup> March 2015**

**Time: 09.30 – 16.00**

**Cost: £69 per person (includes resources and refreshments)**

**Venue:** Wright Mind Training Services Ltd, Unit 12, Ashley Industrial Estate, Exmoor Avenue, Scunthorpe, North Lincolnshire DN15 8NJ.

**To book:** Book via [www.wrightmindtsl.co.uk](http://www.wrightmindtsl.co.uk) calendar page or email [info@wrightmindtsl.co.uk](mailto:info@wrightmindtsl.co.uk) or telephone 01724 858799

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