

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 20th November 2014
or Tuesday 24th 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 calendar page or email info@wrightmindtsl.co.uk or telephone 01724 858799

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