

are pleased to offer this one day workshop

# SELF HARM AWARENESS

**Target audience:** Counsellors, Health and Social Care staff, those working in Education, Statutory services, Voluntary and Community Groups or anyone who has been affected by or has an interest in Self Harm.

**Aim of workshop:** To raise awareness and increase understanding of issues around self-harm

**Learning Outcomes:** By the end of the session, participants will be able to:

- Define what we mean by self-harm
- Understand different types of self harm
- Challenge the myths and realities around self harm
- Identify some of the reasons why some people self-harm
- Identify strategies and support mechanisms

**Duration:** One (1) day

**Dates:** Dates to be arranged

**Time:** 9.30 – 16.00

**Venue:** To be confirmed

**Facilitator:** Jan Rilatt of youplus

**Price:** £65 per person (includes handouts and refreshments).

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

**For more information:** email [janrilatt@youplus.co.uk](mailto:janrilatt@youplus.co.uk) or phone 07749 996672