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and wellbeing.

A one-day training programme which helps
to develop participants' knowledge and
understanding of self-harm and the reasons
underlying such behaviour



This leaflet is available to order on
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The National Office for Suicide Prevention
HSE Community Strategy and Planning
Stewarts Hospital, Palmerstown, Dublin 20
Tel: 01 620 1670 / E: info@nospi.ie

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What is Understanding Self-Harm training?

Understanding Self-Harm is a one-day training programme which is non-clinical.

The training aims to reduce the stigma of self-harm, improve individual and care agencies' awareness and sensitivities to self-harm issues and promote effective care services for those who self-harm.

Who is this training for?

The training is suitable for those who seek to understand more about self-harm and the reasons underlying self-harm behaviours, such as youth workers, teachers, residential care staff, Gardaí, people in caring professions, parents, concerned members of the public, people who work in alcohol and addiction services, those who work with homeless people and people who work with those recovering from mental illness.

What happens at Understanding Self-Harm training?

At the training, participants consider how personal attitudes and experiences might affect their helping role with a person who self-harms. The training aims to clarify what self-harm is, what leads people to engage in the behaviour and considers its relationship with suicide. The causes, reasons behind the behaviour, and the functions of self-harm are discussed.

Positive approaches to engaging with and caring for someone who self-harms are presented. Active participation is encouraged. The training also includes audio-visuals and groupwork.

About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and coordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.

The NOSP coordinates and funds safeTALK, ASIST (Applied Suicide Intervention Skills Training) and Understanding Self-Harm training at a national level and these programmes are free for all individuals to attend.

Understanding Self-Harm training is available through the HSE and coordinated at a local level through HSE Resource Officers for Suicide Prevention and partner agencies.

For information on training programmes that are available or coming up in your area, visit www.nosp.ie/training