

UNDERSTANDING SELF-HARM

(One Day Course)

Aim:

The aim of the programme is to:

- Develop participants' knowledge and understanding of self-harm
- Develop participants' knowledge of the reasons underlying self-harm behaviour
- Consider the needs of people who self-harm

For whom:

The training is suitable for people who work with young people such as youth workers, teachers, residential care staff, Gardaí, and people in caring professions and 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.

Learning outcomes:

The learning outcomes include:

- Improved knowledge, awareness and understanding of self-harm
 - o What it is
 - o What leads people to self-harm
 - o Its relationship to suicide
- Positive approaches to engaging with and caring for someone who self-harms
- Understanding of the prevalence of self-harm across different age groups and genders
- Familiarisation with the causes, reasons for and functions of self-harm
- Improved sensitivity and awareness of the needs of people who self-harm
- Awareness of treatments and helpful responses to people who self-harm





Method:

The programme involves an interactive style, including PowerPoint presentation, DVD clips, case study examples and small group discussions.

Number of Places:

12 - 20 participants

On completion of workshop:

Participants will receive:

- Copy of slides presented throughout the workshop
- 'Understanding Self-harm': A handbook for healthcare professionals, parents, teachers and youth workers who may have direct contact with people who self-harm
- Certificate of attendance
- List of local resources

Visit the Get Involved - Events section on

www.YourMentalHealth.ie

to find contact details
for information on training events nationwide.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive