

Self Harm Training

On this training delegates will learn how to spot and support people who self harm. This is a practical course that aims to increase the knowledge and confidence in staff.

Course content:

- Understand what self harm is and why it is should be taken seriously
- Learn about warning signs and risk factors
- Steps to reduce harming and harm minimisation advice
- Alternative coping strategies and building resilience
- How to prevent it and educate people about the issue



All delegates receive a training pack and a USB memory stick with materials.

This in house training is suitable for staff at all levels who work directly or indirectly with service users who self harm.

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