

## 1. Children and Young People Self Harm Awareness Training for Parents, Carers and Family Members in Somerset

### This 90-minute session will cover the following

- Understand self-harm and who it can affect
- Identify reasons that can lead a young person to self-harm
- Recognise the stigma surrounding self-harm and the impact this can have
- Understand the wider impact self-harm has on friends and family, with a focus on parents/carers
- Raise confidence in responding to/supporting young people who self-harm
- Establish how to maintain your own self-care and wellbeing
- Identify a range of local and national resources/services/information to support young people who self-harm
- Understand the importance of recovery
- Q & A

### Dates

Wednesday 18th **January** 2023

**10:30am – 12:00pm** <https://www.eventbrite.co.uk/e/439496244097>

Monday 13th **February** 2023

**1:00 – 2:30pm** <https://www.eventbrite.co.uk/e/439497648297>

Thursday 23rd **March** 2023

**6:00pm – 7:30pm** <https://www.eventbrite.co.uk/e/439499102647>

**This training is delivered via Zoom/MS Teams**

