

Self Harm Awareness Training

For Parents & Carers



Date	Time	Venue
29 th January 2020	9.30am-1.30pm	Eric Manns Building, 45 Moorgate Street, Rotherham. S60 2RB
26 th February 2020	9.30am-1.30pm	Eric Manns Building, 45 Moorgate Street, Rotherham. S60 2RB
23 rd March 2020 Part One*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY
30 th March 2020 Part Two*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY
22 nd April 2020	9.30am-1.30pm	Eric Manns Building, 45 Moorgate Street, Rotherham. S60 2RB
20 th May 2020	9.30am-1.30pm	Eric Manns Building, 45 Moorgate Street, Rotherham. S60 2RB
15 th June 2020 Part One*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY
22 nd June 2020 Part Two*	5.30pm-7.30pm	Tesco Superstore Community Room, Drummond St, Rotherham S65 1HY

* Participants must attend both part one and part two

To book a place please email directions@rotherham.gov.uk with the course you wish to attend, your name, date of birth and your email address

This training is Suitable for parents and carers, regardless of prior experience, who may be supporting a loved one who is self harming. This training is appropriate for parents, carers and family who would like to know more about self harm and how to support a loved one.

Course commissioned by:



Course created by:

Accredited by:

Learning outcomes:

- Understand self harm and who it affects
- Identify factors that lead to self harm
- Reduce stigma
- Understand the wider impact on caregivers
- Develop confidence in responding to disclosures
- Support someone who self harm with evidence based brief interventions
- Recognise the importance of caregiver self care and wellbeing
- Identify support services
- Understand the importance of recovery

