



FREE SELF-HARM AND SUICIDE ALERTNESS TRAINING

Anyone working with children or young people is invited to attend a free workshop on Self-Harm and Suicide Alertness on the following dates:

Barrow fire station, 9:30am-1pm

- 30 June
- 21 July
- 25 August

Kendal fire station, 9am-12:30pm

- 18 July
- 15 August

The session incorporates case studies, video and group discussion delivered by experienced counsellors.

"I have a better understanding of a specific student I work with" - Pastoral Coordinator

"Excellent workshop, lots of knowledge gained that will benefit my role as a PCSO" - Police Community Support Officer

"Highly recommend, trainer's experience and knowledge was clearly evident" - School Nurse

Outcomes of the session:

- To understand what is self-harm and why young people self-harm
- To experience increased confidence in discussing self-harm and suicidal ideation with young people and appreciate the importance of asking directly about thoughts of suicide
- To be aware of the Cumbria LSCB guidance for professionals working with children and young people who self-harm and how to relate it to our work
- To be aware of local and national resources that are available

To book a place please contact Helen Mason on 01229 832269 or email training@safa-selfharm.com.

This can also be delivered in-house at your workplace.

