



**Training & Assessment
in Healthcare Ltd**

Training and Professional Development

Self-Harm Awareness & Suicide Prevention

Suitable for all staff and volunteers who engage with people through care & support services, voluntary groups, education and families; to help improve awareness and understanding of some of the reasons why people self-harm.

Course Objectives

- To gain an understanding of self-harm and the different ways in which self-harm manifests
- To explore the links between self-harm and suicide risk
- To understand the importance of identifying the triggers that mobilise people to self-harm
- To challenge misconceptions surrounding self-harm, looking at our own attitudes, values and beliefs
- To gain awareness of positive risk management and techniques for supporting people who self-harm
- Advanced communication skills to support people who self-harm

Course notes

- This course can be brought in house and can be delivered in a bespoke manner that meets the needs of individual staff members, teams and addresses various roles & expectations

COURSE INFORMATION	
Duration:	Half day
Who should attend:	All Care/Support Workers, Volunteers, Families, Managers
Certification:	Certificate of Attendance
Travel Charge:	Dependent on Location

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