



SELF HARMING AWARENESS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This course helps staff understand the complex nature of self-harming behaviours, including their causes, common misconceptions, and effective ways to support individuals. Delegates will explore the emotional drivers behind self-harm, learn to challenge myths, and discuss appropriate responses and coping strategies. The session includes practical exercises, group discussion, and reflection. Suitable for care staff, support workers, and anyone supporting individuals with emotional or mental health challenges.

Introduction

- Introduction and course overview

Course Programme

- Understanding self-harm: facts and myths
- Exploring causes and common behaviours
- Risk groups and key indicators
- Practical support strategies and coping techniques
- The "15-minute rule" and ongoing support
- Summary, Q&A, and course evaluation

Suitable for:

Care and Education



"Almost one third (32.8%) of 17-24 year olds have self-harmed or attempted to self-harm at some point. This rises significantly to 69.5% of young people with a probable mental health condition." Young Minds