



4 Mental Health

Connecting with People

Wiltshire Council

# Self-harm Awareness Training

Tuesday 29th April 9:30 - 12:30    Wednesday 14th May 13:30 - 16:30

all sessions delivered via ZOOM webinar

[Click Here to Register your Attendance](#)

## Key Learning Outcomes Include:

- **Suitable for ALL** i.e. community members with no previous training
- Look at myths and stigma associated with self-harm
- Understand the **reasons why** people self-harm including the biological and psychological impact
- Practice how to talk to someone in distress who may self-harm and help to find **safer ways to deal with distress**
- **Practical strategies** to support people who disclose that they self-harm
- **Resources available** to support someone who is living with self-harm

While this course is free to attend, there has been a significant investment made by Wiltshire Council

If the session is full, please [scan the QR Code](#) to be placed on a waitlist:



SCAN TO JOIN  
WAITLIST

## Testimonials:

*"I am sure I will feel much more confident in addressing self harm. I always ask about it but rarely delve any deeper into it."*

*"I feel more informed when having to consult and treat these patients with self harm"*

*"The information was sufficient to be able to identify risk factors to people who self harm and ways to approach the patient in a more caring and attentive manner"*

