

# Self Harm Awareness Training

## For Parents & Carers



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

#### 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

### Accredited by:

- 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

