

An Introduction to Understanding Self Harm **(<https://www.activelink.ie/node/85142>)**

Free 2 hour online facilitated zoom Training

This free training is for persons over 18, especially those working in health, social care, community and educational environments. The 'Introduction' programme is non-clinical and aims to cover the elements of personal attitudes, various types of self-harm behaviour and the feelings and causes which may lead people to engage in the behaviour.

At the end of the workshop, participants will:

- Have an increased awareness of self-harm.
- Have developed an understanding of the issues faced by people who engage in self-harming behaviour.
- Develop an awareness of how to help and what additional supports are available.

This course is funded by the HSE National Office for Suicide Prevention (www.NOSP.ie (<http://www.NOSP.ie>)). To register for An introduction to Understanding Self Harm training in the Dublin South East, Dun Laoghaire and East Wicklow region please click <https://bookwhen.com/che> (<https://bookwhen.com/che>). To register for An Introduction to Understanding Self Harm training in other regions go to www.nosp.ie (<http://www.nosp.ie>) and look in the local Resource Officer for Suicide Prevention information section for that region for details or contact the email address above.



Region

Online

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