



A one-day training programme which helps to develop participants' knowledge and understanding of self-harm and the reasons underlying such behaviour



This training is FREE to attend and funded by the HSE National Office for Suicide Prevention

Understanding Self Harm

Location:

Iontas Centre, Bree Road,
Connabury, Castleblayney, Co.
Monaghan

Date:

Tuesday 13th May 2025

Time:

9am - 4pm

A one-day training programme which helps to develop participants' knowledge and understanding of self-harm and the reasons underlying such behaviour

This training is suitable for anyone over the age of 18

Training is free of charge

Booking is essential

Book Using this QR Code



This Link: [BOOK HERE](#)

Visit www.nosp.ie/training or

Email: admin@breakingthrough.org