



Understanding Self-Harm



Understanding
Self-Harm

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:

Kilmore Diocesan Pastoral Centre, Cullies, Co. Cavan, H12 E5C7

Date:

Tuesday 16th September 2025

Time:

9am – 4.30pm

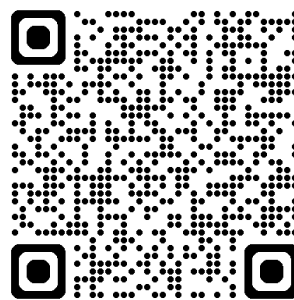
A one-day training programme which helps to develop participants' knowledge and understanding of self-harm and the reasons underlying such behaviour

This training is suitable for anyone over the age of 18

Training is free of charge

Booking is essential

Book Using this QR Code



[CLICK HERE TO BOOK](#)

Visit www.nosp.ie/training or

Email: admin@breakingthrough.org