

**Self Harm Awareness and Supporting People who Self Harm  
Training**

***20th September, St Johns Ambulance Training Centre, Marton Road  
Middlesbrough***

***'There were 803 episodes of self harm in the North East in the  
month of June 2009'*** (Hospital Episode Statistics)

Aims of the course

- To raise awareness of self harm in the community
- To provide basic information around self harm
- To enable delegates to effectively support clients

Course Content

The self harm training will address the following areas:

- What is self harm?
- What are my feelings and attitudes towards self harm and those who self harm?
- Who does self harm affect?
- How and why people self harm
- Indicators of self harm & handling disclosures of self harm
- Available support/sources of help for self harm
- Harm minimisation - what is it and why is it done?
- How can I best support someone who is self harming? (What to say/what not to say, awareness of NICE guidelines for Self Harm)
- Understanding the difference between self harm and attempted suicide and how to respond when someone is suicidal
- Case studies - What would be best supportive practice?
- Looking after yourself!

**To book: 01642 803727**

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Delivered by Middlesbrough & Stockton Mind Training

Contact us on: **01642 803727**

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The logo for 'mind' features a stylized white brain icon to the left of the word 'mind' written in a white, lowercase, sans-serif font. The background of the footer is a dark blue gradient with a decorative pattern of white and light blue leaves and branches.

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