



Self Harm & Suicide Awareness in Children & Young People

Introduction

“Self-harm is more common than many people realise, especially among younger people. It's estimated around 10% of young people self-harm at some point, but people of all ages do. This figure is also likely to be an underestimate, as not everyone seeks help.”
<https://www.nhs.uk/conditions/self-harm/>

“Self harm is difficult to accurately estimate, but the highest number of admissions to hospital for self harm is in the 15-25 year old age group” (Self Harm in Kingston Annual Public Health Report, H. Raison, 2014) http://www.kingstonccg.nhs.uk/Mental_20Health_20Strategy.pdf

NICE Guidelines (2011) suggest that both clinical and non-clinical staff who have contact with people who self-harm in any setting should be provided with appropriate training to equip them to understand and care for people who have self-harmed.

Professionals working with people who self-harm should aim to develop a trusting, supportive and engaging relationship with them, being aware of the stigma and discrimination sometimes associated with self-harm and adopt a non-judgemental approach.

Learning Outcomes

By the end of the course delegates will:

- Be able to describe what self-harm is and some of the reasons why young people may self-harm.
- Demonstrate more confidence in discussing self-harm with young people and their carers.
- Show an increased understanding of what interventions are appropriate for self-harm from both universal, targeted and specialist services.
- Be able to give examples of what services and resources are available locally to support young people who self-harm.

Audience	Youth, Sports and Culture, Social, Family and Voluntary Support, Justice and Crime Prevention, Health, Education
Age Ranges	0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 11 - 19 yrs / 19 yrs
Trainer	Jo Steer, Sarah Head

Start Date	Venue	Times	Event Code
26 Jun 2019	Twickenham Training Centre, 53 Grimwood Road, TW1 1BY	09:30 to 16:30	SFVSS 18/234