

Parent Workshop

Understanding self-harm and how to support young people

This workshop covers:

Self-harm and the social, emotional and psychological connections that underpin why young people may self-harm. How to recognise signs of self-harming and respond in a safe, supportive and relational way.



Aims and objectives:

Build a greater understanding of what may happen when someone self-harms, the different types of self-harm, how to respond effectively from a compassionate and trauma-informed place by building a tool kit to support young people socially and emotionally.

Speak to your school reception to book your space.

