



# HEALTHY TEEN MINDS

## Understanding: Self Harm

A half-day introductory workshop to explore the issue of self harm in children and young people.

### Course Objectives & Benefits

By the end of the day participants will gain:

- Greater insight into the minds of young people who self harm
- Awareness of the various types of self harm and their associated risks
- Practical strategies to engage and support young people who self harm
- Confidence to support colleagues and parents / carers working with young people who self harm
- An overview of self harm and overdose assessment and risk management including appropriate referral pathways
- Information on treatment and care offered by CAMHS (Child & Adolescent Mental Health Services)

### Suggested Audience

Professionals who work with young people and/or parents carers in various settings including schools, youth projects, children's homes, voluntary agencies and community organisations (including health visiting and policing).

### Next Public Dates

Friday 7 December 2018

Maidstone, Kent

Hosted by Kent Safeguarding Children's Board

Please contact [Kent Safeguarding Children's Board](#) for further details.

### Contact

If you have any additional questions or would like to inquire about the cost for Healthy Teen Minds to deliver training on site to your team please contact Robin on the details below.

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