



## Peter Christison & Associates Workplace Health Consultancy & Training

Fact sheet 1 Self-harm (and self-harm and suicide awareness)  
2 pages

Part of our 'Mental Health and Behaviour' fact sheet series

### Background

Self-harm is a widely misunderstood and is a response to internal distress. Contrary to some of the myths it is not a mental illness per se, nor is it a method of seeking attention. It affects the population from the age of 6 to adult. It is not a form of suicide attempt, though in some cases this coping skills practice leads to tragedy.

### Training and workshops

We provide first class introductory, or in-depth group 'in house' or bespoke training, throughout the UK, for those working with people who self-harm of **any age** group, in groups up to a maximum size of 16, commissioned by one or two organisations jointly; we do not run open training for individuals. *We can also offer a course in self harm and suicide awareness, or mix with other mental health topics.*

**Protocols or policy service.** We can provide a service to develop protocols or policies for working with self-harmers for organisations.

**Learning methods** All our training is highly interactive in style utilising:

- ✚ Visual aids such as CD/Video
- ✚ Power point
- ✚ Group work and working in pairs-includes case studies
- ✚ Trainer to group and group to trainer

### What delegates have said about our self harm 1 day training:

*'Really really interesting, just what we have been waiting for. Great trainer kept the course on track and everyone focussed'* **Lorna Roberts Director ARC Children's Homes**

*'The course has helped me to look at self-harm in a different way and I feel a lot more confident in handling self harm situations; also how to talk to young people has been a great help'* **Ross Wilhelm RSW ARC Children's Homes**

*'Very helpful with practical examples to include in practice. Trainer had the ability to relate to different settings'* **Karen Porter Youth Justice Practitioner West Sussex County Council**

*'Good teaching method, explained things well, good sense of humour. The course has a good balance of information, group work and info leaflets'* **Karla Dodgson Child Carer ARC**

### ....and said about 'Self-harm and Suicide Awareness 1 day training

*Very interesting and thought provoking, I have gained a greater awareness of the subject area; very well presented and encouraging in participation'* **Linda Wood Care Manager, Social care and health adult services South Tyneside Neighbourhood Services**  
*Continue overleaf*

*'Interesting varied and informative; the trainer was easy to follow and not boring'*  
**Jamila Hassan Youth Offending Service Officer South Tyneside Council**

*'Focussed concise course, the trainer was friendly knowledgeable and approachable'*  
**Jane Donaldson NHS South of Tyne and Wear**

### **Course contents**

This will vary according to the requirement you have whether it is in depth self harm or self harm and suicide awareness. The content list which also forms the aims and objectives are:

- ✚ Understand the types of self-harm
- ✚ Explore workers feelings and attitudes to self injury
- ✚ What the reasons are for self-harm?
- ✚ Learn the functions and purposes that self-harm provides for the person who self-harms
- ✚ How self-harmers wish to be treated.
- ✚ How to communicate with a person who self harms; best practice in communication.
- ✚ Understand the NICE guidelines for self -harm
- ✚ Indicators and signs that someone intends to or is self-harming
- ✚ Techniques that people that self-harm use to reduce, change to lower risk methods or possibly stop
- ✚ How to support a self-harmer to reduce or change self –harm methods
- ✚ What to do and not to do in self-harming situations.
- ✚ Contagion and how to stop it
- ✚ Working with A&E and other agencies to understand a self harmer; sound bite messages to combat stigma and create understanding whilst working with the person
- ✚ Handling disclosure
- ✚ Understand the difference between self-harm and attempted suicide
- ✚ What are the needs of a suicidal person? Do's and don'ts of communication
- ✚ What to do and not to do in a suicidal situation
- ✚ Indicators that someone is going to commit suicide
- ✚ Risk factors for suicide, the triggers and reasons
- ✚ How to handle the threat of suicide; is it a cry for help?
- ✚ Dealing with a completed suicide , including supporting other residents and staff

**For further information** please contact Peter Christison in confidence without obligation

### **Other training (TFS) fact sheets in our mental health and behaviour series** **(For workplace health ask about our 'Healthy Minds in your Workplace' series)**

- ✚ Mental health Awareness *TFS 2*
- ✚ Suicide risk assessment, awareness and prevention *TFS 3*
- ✚ Dementia and older persons mental illnesses *TFS 4*
- ✚ Mental health training *TFS 5*
- ✚ Understanding and handling panic attacks, group training *TFS 6*
- ✚ Our services and training topics menu *TFS 7*
- ✚ Psychosis re visited -2 day course *TFS 8*
- ✚ Managing voices *TFS 9*
- ✚ CAMHS Everybody's Business Tier1 *TF 10*
- ✚ Personality Disorders 1 day training *TFS 11*
- ✚ Alcohol and drug misuse *TFS 12*

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**For the full range of our services and training topics see our fact sheet 7**  
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