

# Conversations About Non-Suicidal Self Injury

The term 'non-suicidal selfinjury' (NSSI) describes a behaviour where a person deliberately or purposefully hurts themselves. The Mental Health First Aid Conversations about Non-Suicidal Self-Injury course will teach you how to identify, approach and support someone who is engaging in self-injury by using a practical, evidence based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

## »» Key Learning Outcomes:

- Why people engage in self-injury
- How to talk to someone about their self-injury
- How to help the person stay safe
- How to connect someone to appropriate professional help
- How to assess for suicidal thoughts and behaviours.

## »» Topics discussed

- Self Injury
- Suicidal Thoughts

## »» Who can attend this course?

- Any adult can attend

## »» Delivery Methods



### Face to Face

- 4 hour workshop

## Contact Us

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