



SELF-HARM: PARENT AND CARER BESPOKE LIVE ONLINE SESSION

THE SESSION

FREE **online** self-harm session for parents and carers of a young person engaged in or at risk of engaging in self-harming behaviour. Presented by the [Charlie Waller Memorial Trust](#), This webinar is available to parents and carers across East Sussex, West Sussex, and Brighton & Hove.

The session will cover:

- Introduction to the new self-harm learning network – Find out about a new programme of support for parents/carers of children who self-harm
- What is self-harm and why do young people adopt this as a coping strategy
- How to approach your child if you think they are self-harming
- How to respond if your child tells you they are self-harming
- Understanding the cycle of change and responding accordingly
- Resisting the 'fix it urge' – why just telling them to stop is unlikely to be effective
- Seeking help for your child and your family
- Awareness of medical risk and emergency first aid
- Harm minimisation techniques
- Tolerating the distress of setbacks

The session will be available via **ZOOM** and places are limited to 100 for each local authority. You can book your place on the webinar via your respective local authority links found on the right-hand side of this flyer.

Attendees will receive links to and/or copies of all associated information and resources.

About the trainer:

Jenny Langley is the Schools' and Families' Programme trainer at the Charlie Waller Memorial Trust and writes about children's mental health

11th May 2021

12-1pm

**West Sussex
County Council
online booking:**

<https://self-harm-parent-and-carer-bespoke-session.eventbrite.co.uk>

**East Sussex
County council
online booking:**

[MHEW127](#)

**Brighton and
Hove City Council
online booking:**

<https://www.eventbrite.co.uk/e/self-harm-parent-and-carer-session-tickets-150158777947>

Please note that the sessions will be recorded for future learning and resource. Your faces will not be shown, only the trainer.