

INTRODUCTION TO SELF-HARM PROGRAMME

Aim:

This programme is suitable for those who seek to develop their knowledge and understanding of self-harm and the reasons underlying such behaviour. The 'Introduction' programme is non-clinical and aims to cover the elements of personal attitudes, various types of self-harm behaviour and the feelings and causes which may lead people to engage in the behaviour. How to support and care for those engaging in self-harm and what resources and services are available will also be outlined.

Attendance Details:

- Registration is through your local Resource Officer for Suicide Prevention and the session host Cork Mental Health Association.
- Time: The length of the programme is 2 hours.
- Delivery is via online using Zoom. Training will be presented by the Facilitator/s and supporting documentation and resources are available for download from the booking site at time of registration – with an information sheet with key points forwarded after the session.
- Technical requirements: For optimum access to the workshop, it is recommended that a Laptop/PC/Mac with camera and microphones are used by all participants. You may encounter problems participating fully in the workshop if you use a phone/tablet.
- Log in details will be provided prior to the workshop and we request that you log in 5 minutes before the starting time to ensure all technical connections are functioning properly.
- Being present for the duration of the workshop is essential.
- You must ensure that you are accessing the workshop with a stable internet connection.
- It is a requirement that all participants are visible for the entire workshop. This will be advised and reiterated at the beginning and during the workshop by the Facilitator.
- It is a requirement that you have your phone close by when you are participating in the workshop in case there is a need to make contact with you.
- All phone calls and text messages may be answered at the designated break times and not during the Workshop – this is to ensure you are free from distraction and that the Facilitators can contact you with ease if required.
- The Facilitators may mute you and/or advise you to mute yourselves if any background noise is present.
- **Note: Certificates of attendance are not available for this 2 hour intro session to USH**