

## Self Harm Prevention



### 10 things you will gain from attending:-

- Find out what self harm is and what it is not
- Explore a model of self injury as a coping mechanism
- Spot the difference between self injury and suicidal behaviour
- Review the common psychological therapies that reduce self injury
- Understand how mental health disorders can increase self injury
- Find out the benefits of keeping an “emotional diary”
- Tune up your listening skills
- Examine strategies to improve interpersonal functions
- Learn how the “15 minute rule” can reduce self injury
- Develop stress management techniques