





## Course Title : Self Harm Awareness (Adults)

<b>Designed for</b>	Social Care staff working in Adult services who may come across vulnerable individuals
<b>Course outline</b>	<p><b>This course will cover the following elements :</b></p> <p><b>Better understanding self-harm</b></p> <ul style="list-style-type: none"> <li>- What is self-harm? Definition, statistics</li> <li>- What can lead to self-harm? Triggers</li> <li>- Self-harm and suicide - similarities and differences</li> <li>- functions of self-harm</li> <li>- signs and indicators of self-harm</li> </ul> <p><b>How to support someone who is self-harming</b></p> <ul style="list-style-type: none"> <li>- Barriers to accessing support- clients perspective</li> <li>- Focus upon stopping self-harm - pros and cons</li> <li>- harm minimization and alternatives to self-harm</li> <li>- how to broach suspected self-harm</li> <li>- language use around self-harm - destigmatising</li> <li>- best practice response to a disclosure of self-harm</li> </ul>
<b>Language</b>	English
<b>Cost for external participants</b>	Free
<b>Course Leader</b>	Satveer Nijjar, Independent Trainer
	One Day
	9.30 a.m. till 4.30 p.m.
	Tuesday 12th November 2019
	Pembrokeshire Archives, Prendergast, Haverfordwest SA61 2PE

Please note that lunch and hot beverages are no longer provided.

### Application Process:

**For Pembrokeshire County Council staff:** paper applications are no longer accepted, please enrol for a course via your Employee Self-Service (ESS).

**For external applicants:** please forward completed course application forms to the SCWWDP admin team:

By Post: Pembrokeshire Archives, Prendergast, Haverfordwest, Pembrokeshire, SA61 2PE

By Email: [scwwdpTr@pembrokeshire.gov.uk](mailto:scwwdpTr@pembrokeshire.gov.uk)

