

UNDERSTANDING SELF-HARM AND NON-SUICIDE SELF-INJURY

Interactive, Online Workshop
for Parents & Carers of Youth

Learning content

Delivery by **Trish Thomas** - BPsychSc(Hons) MASRC

An introduction to non-suicide self-injury
Why people engage in self-injuring behaviours
Methods of self-injury
Identifying signs and symptoms
How to have a conversation
Case Studies
Take home strategies and resources

sessions

19TH OCTOBER

4PM - 5.30PM

22ND OCTOBER

4PM - 5.30PM

28TH OCTOBER

4PM - 5.30PM

30TH OCTOBER

10AM - 11.30AM

Cost: \$45p.p

Trish has experience working with young people in the field of mental health and encountering the issues of self-harm and suicidal behaviour.

Trish is an accredited instructor of Mental Health First Aid which is complimented by degrees in Psychology and a Masters degree in rehabilitation counselling

PsychAssist 
Making A Difference Together

LIMITED NUMBERS | BOOKINGS ESSENTIAL

trybooking: <https://www.trybooking.com/BLXNO>

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