Supporting someone who causes harm to themselves

- Inspiring self-care whilst supporting the mental wellbeing of others.
- Empowering practitioners and professionals
- Addressing the unique challenges and skills required in these supportive roles
- Accessible and adaptive learning experience
- Tailored to the varied needs and interests of professionals in support roles
- Broad spectrum of contexts and scenarios
- Complexities and importance of mental health in supportive roles.
- Imparting knowledge and inspiring practitioners and professionals,
- Practical tools and insights

This is a critical issue affecting thousands of young people in the UK. As a practitioner or school staff member, working with young people, it can be challenging to know how to effectively respond to and support those who self-harm.

This workshop is specifically designed, using the experiences of young people themselves, parents, family members, researchers and professionals to address these challenges, offering valuable insights and strategies for both supporting young people and maintaining your own wellbeing.

For more information, please email hello@parentalminds.org.uk

"Really well presented with a good mix of interaction and learning"

"It was really well timed and informative."

"The course was well structured and easy to understand."

PARENTAL MINDS C.I.C.

GET IN TOUCH

07907 614 516
facebook/PPSHUB
hello@parentalminds.org.uk
www.parentalminds.org.uk

PARENTAL MINDS SUPPORT

Mental Healthcare ; Supporting Families

Inspiring self-care whilst supporting the mental wellbeing of others

OUR SERVICES

- Support Guides
- Parent Peer Support and mentoring
- Parent Skills Workshops
- School Staff Skills Workshops
- Career development Skills Workshops
- Low cost Counselling
- Influencing system change

FACE TO FACE AND VIRTUAL

DAILY, WEEKLY, MONTHLY & ADHOC

WE CAN SUPPORT YOU VIA

- Phone calls
- Text messages
- WhatsApp messages
- WhatsApp groups with others
- Drop-in Cafe style hubs
- Drop-in Online group meetings
- 1:1 meetings in hub locations
- 1:1 meetings online
- Low cost counselling

PARENT SKILLS WORKSHOPS

- Living with Emotions
- Meltdowns & Shutdowns
- Exploring Communication
- Mini Moments
- Supporting someone who causes harm to themselves
- Navigating Change (Year 6-7)
- Worry Workshop
- Christmas Time
- Elective Home Education - Choices

COLLABORATIVE SKILLS WORKSHOPS

- Supporting a Loved One with an Eating Disorder
- The Teenage Brain with Dr John Coleman
- Children Not Engaging in School - with DCC

CAREER DEVELOPMENT SKILLS WORKSHOPS

- Engaging with Caregivers
- Expressing Emotions
- Meltdowns & Shutdowns
- Avoiding Caregiver Burnout
- Supporting Someone who causes harm to themselves
- Supporting Someone with an Eating Disorder

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