

Insightful, practical workshop by the leading experts with lived experience



SELF-HARM IN THE WORKPLACE

Are you prepared to support an employee who self-harms?
It's highly likely that someone in your workforce is self-harming. Would you know how to respond?

WHAT IS COVERED?

- ✓ Understanding self-harm & eating disorders
- ✓ Recognising signs & warning signals
- ✓ Practical strategies for supporting individuals who self-harm
- ✓ Practical ideas to create safer, more supportive work environments
- ✓ Effective policies reducing risk

Specifically written for wellbeing leads, line managers, mental health first aiders etc.

Fully interactive workshop available virtually or face-to-face.

All graduates are invited to our *SelfHarmAware Professionals Guild* – stay connected and continue learning.

*Real life
experience
truly valuable*

*Absolutely
outstanding
training*

*Excellent training!
Well informed and
interactive*



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