

UNDERSTANDING SELF-HARM (ONE DAY COURSE)

Date	Location	Time	Closing date for Applications
Thursday 28th September 2017	Clones Family Resource Centre, Clones	9.00 a.m. – 5.00 p.m. (Tea/Coffee & Lunch provided)	Fully booked
Thursday 23rd November 2017	Child Wellbeing Centre, Castleblayney	9.00 a.m. – 5.00 p.m. (Tea/Coffee & Lunch provided)	Friday 10 th November 2017

Please find enclosed further information and an application form for the above noted course. If you are interested in attending, please complete and return the application form by the deadline noted above. Places are limited to eighteen participants on each course; therefore preference has to be given to potential participants who are working within the Cavan and Monaghan areas. For information on all co-ordinating sites please visit www.nosp.ie

Time keeping is critical; participants need to attend the full day 9 am to 5 pm to receive certification. Participants arriving late and leaving before the programme is complete disrupt the learning process and will not receive a certificate of completion.

All Workshops are dependent on sufficient numbers to proceed. Short listing for each workshop will commence on the closing date. Participants will be offered a place one week before the workshop date.

Please return completed application forms to:

Emer Mulligan, Resource Officer for Suicide Prevention, HSE Cavan Monaghan Mental Health Services, Carrickmacross Primary Care Centre, Donaghmoyne Road, Carrickmacross, Co Monaghan.

Email: emer.mulligan@hse.ie, Tel: 086 1717563.

Yours sincerely

Emer Mulligan

Resource Officer for Suicide Prevention
Cavan Monaghan Mental Health Services

Guidelines for Individual Applicants

Aim: Understanding Self-Harm Training is a one day programme which aims to develop participants' knowledge and understanding of self-harm, and the reasons underlying such behaviour. The programme also helps participants consider the needs of people who self-harm.

Content: By completing Understanding Self-Harm training, participants will:

- Be informed of definitions of self-harm and consider its relationship with suicide;
- Understand the prevalence of self-harm across different age groups and genders;
- Be familiar with the causes, reasons for and functions of self-harm;
- Demonstrate improved sensitivity and awareness of the needs of people who self-harm;
- Develop positive approaches to engaging with and caring for someone who self-harms;
- Increase awareness of treatments and helpful responses to people who self-harm.

For Whom: This workshop is suitable for healthcare professionals, teachers, youth workers, parents and concerned members of the public who may have direct contact with people who self-harm.

Method: The programme involves an interactive style, including PowerPoint presentation, DVD clips, case study examples and small group discussions.

On completion of workshop: Participants will receive:

- Copy of slides presented throughout workshop;
- “Understanding Self-harm”: A handbook for healthcare professionals, parents, teachers and youth workers who may have direct contact with people who self-harm;
- Certificate of Attendance;
- List of local resources.

Number of places: 18

All enquiries to: Emer Mulligan, Tel: 086 1717563, email: emer.mulligan@hse.ie

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**Applications must be completed in Block Capitals by Applicant, not Organisers/Line Managers.
All fields must be completed otherwise application may not be accepted.**

Location & date: _____

Name (as it will appear on training certificate): _____

Applicants **cannot** send someone else in their place

Gender: Male Female

Are you over the age of 18 years: Yes No

Have you been ASIST trained? Yes No

Other Suicide Prevention Training to date: _____

In completing the section below, please be guided by the main reason you are attending this training, e.g. working capacity, role with a voluntary organisation, as a student etc.

SECTOR (PLEASE TICK ONE ONLY)	ORGANISATION / EMPLOYER (e.g. HSE, TUSLA etc.)	JOB TITLE / ROLE
Health		
Education		
Social work		
Youth work		
Community work		
Justice (e.g. Gardai)		
Defence (e.g. Army)		
Civil service (e.g. Govt dept.)		
Local authority (e.g. County Council)		
Agriculture		
Sports organisation/club		
Unemployed		
Student		

Other (please give details): _____

Work Address : _____ _____	Home Address : _____ _____
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Email: _____

Contact phone number(s) (Daytime): _____

Are you available at short notice (i.e. less than 2 weeks)? YES ___ NO ___

Have you been affected by self-harm, suicide or any other loss in the last year? YES ___ NO ___

Briefly outline why you are interested in this course: _____

Please return all completed forms to:

Emer Mulligan, Resource Officer for Suicide Prevention, Cavan Monaghan Mental Health Services,
Carrickmacross Primary Care Centre, Donaghmoyne Road, Carrickmacross, Co. Monaghan.

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