

Self-Harm Awareness Training Course Learning Outcomes

On completion of this Self-Harm course, learners should know and understand the following:

Defining self-harm

Learn the definition: What is Self-Harm?

Statistics

Learn self-harm statistics

Types

Understand the different types of Self-Harm

Concepts

Know and learn the concepts of Self-Harm

Causes

Understand the causes of Self-Harm

Situations

Situations for discussion

Risk Management

Understand risk management of self-harm

Helping

How to help and support those suffering