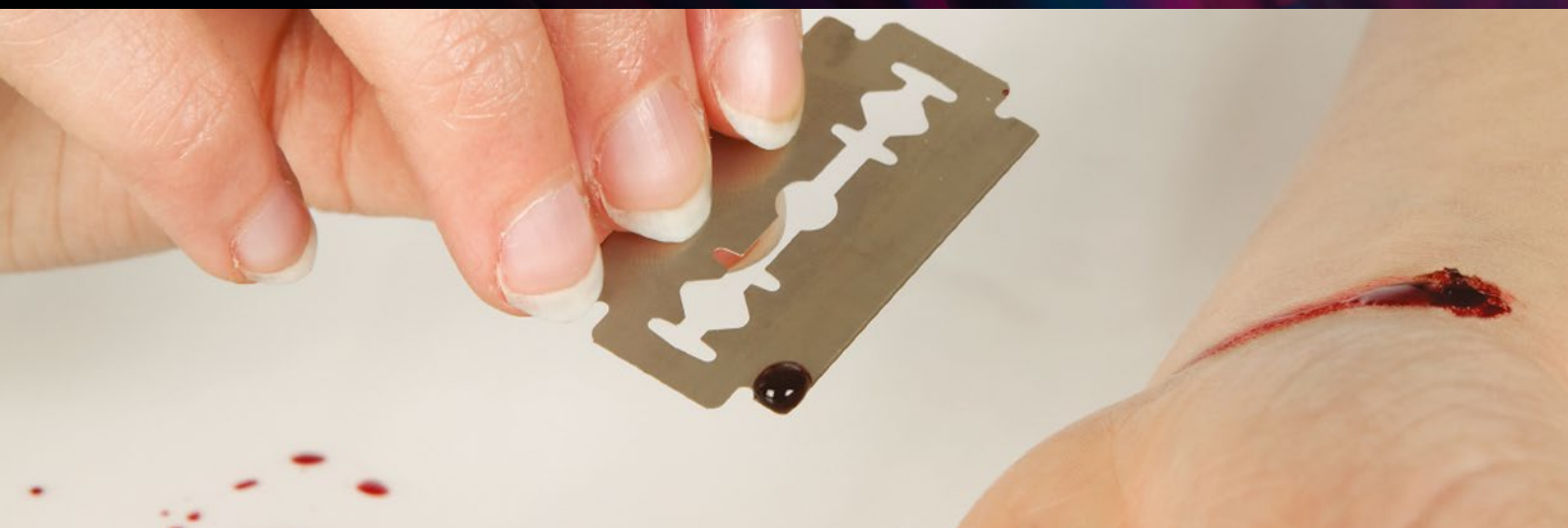


# SELF-HARM



## Product Syllabus:

- What is self-harm?
- Why do people self-harm?
- How do people self-harm?
- Self-injury
- Self-poisoning
- Secrecy
- How often do people self-harm?
- Who self-harms?
- Factors which may lead to self-harm
- Self-esteem
- Using self-harm as a release
- Self-harm and mental health
- Drug and alcohol abuse
- Prison
- Consequences of self-harm
- Emotional detachment
- Suicide
- Diagnosis & treatment
- Delaying techniques
- Self-harm diaries
- Distraction techniques
- Safer self-harm
- Support groups
- Hospital treatment
- No harm contracts
- Assessment
- Signs of self-harm injuries
- Discovering someone is self-harming
- Responding to self-harm
- Carers & self-harm support

SOCIAL CARE TV  
ONLINE TRAINING