



Schedule Of Opportunities 2009-10

Improving Health and Wellbeing

Course Title

Understanding Self Harm

Target Audience

Multi-Agency Staff

Date(s)	Time(s)	Venue(s)
29 September 2009	9.00am – 12.30pm	Blackfriars Development Centre, Perth

Comments

1 Opportunity

Presenter

Sheila Messenger – Educational Psychologist

Company

Perth & Kinross Council

Aims

- Explore definitions of self harm.
- Identify triggers for self harm.
- Identify 'at risk' groups.
- Understand why young people self harm.

Outcomes

- Contribution to standards of Health Promoting Schools.
- Increased knowledge of self harm.
- Increased confidence in ability to work with young people who self harm.