

Supporting families of children and young people who self-harm



Cambridgeshire
County Council

Funded by Cambridgeshire County Council and delivered by NESSie, this workshop is for parents/carers who are supporting children and young people who self-harm.

These funded workshops provide an opportunity to:

- Develop an insight relating to triggers, thoughts and emotions behind self-harming behaviours
- Explore and develop a positive approach to keeping young people safe and on the path to positive emotional health
- Identify and discuss strategies that can positively support a child who self-harms

As students grow up they can be involved in self-harming behaviours such as cutting; drinking; vaping; hair pulling and other risky activities. These workshops are for parents and carers who would like to build confidence in supporting a young person positively who self-harms.

Workshops can run face to face or online and can be followed up by one-to-one support.

For more information to book a funded training in your setting please contact:

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