

# Support with self-harm for parents

An online event to help parents understand and support self-harm.

This session will include:

- Aspects of self-harm delivered by Suffolk Mind
- Understanding self-harm and how to help young people get support—delivered by 4YP
- Where support can be found –delivered by SPCN and Kooth
  - Lived experiences –delivered by PACT.

**27th January 2021**

**10:30am –12:30**

**4pm—6pm**

**You only need to attend one of the above sessions.**

There are only 20 places per session so please book as soon as possible.

**To book, email: [suicidepreventiontraining@suffolk.gov.uk](mailto:suicidepreventiontraining@suffolk.gov.uk)**

The event will be held on Microsoft Teams and a link will be provided upon confirmation of your booking

This event will be useful for any parent that wants more information about self harm or anyone who works with parents and families.