

# Self Harm Learning Networks

## FREE workshops for parents and carers

Join other parents and carers in a safe and supportive environment to hear what is working for them and improve your understanding and skills to prevent and respond to self-harm.

### Self-Harm and Neurodiversity/ASD

This workshop aims to give you a better understanding of contributing factors, identify what support may be needed, understand and identify early warning signs, increase your knowledge of strategies and approaches and know where to access support.

### Self Harm, Eating Disorders and Body Dysmorphia

Self harm is very common alongside an eating disorder. This session will consider three common questions: Why is the young person with an eating disorder self harming, how can I best respond to these behaviours, and how can I manage my own feelings and others feelings when supporting them?

## Dates and times:

Neurodiversity and ASD

7th May 2024

10.30 - 13.00

Eating disorders and Body Dysmorphia

23rd April 2024

10.00 - 13.00

### How do I book my place?

Please reserve your place via the links above, scan the QR code or see our Eventbrite page [www.westsussexmind.eventbrite.com](http://www.westsussexmind.eventbrite.com). The network events will be recorded and made available afterwards, so book your place now to ensure that you receive the link.

If you have any questions, please contact the West Sussex Mind Training Team on 07468 516818 or email [training@westsussexmind.org](mailto:training@westsussexmind.org).

