



SELF HARM AWARENESS

Presented by: Satveer Nijjar

Reducing Stigma Improving Knowledge The Bigger Picture

Satveer Nijjar is a passionate trainer and speaker who delivers nationally on self-harm awareness. She combines her lived experience of mental illness and self-harm; being a parent of a child who has suffered mental illness alongside academics and humour to deliver sessions that reduce stigma, raise awareness and build confidence and knowledge.



This session is designed to help you to build your confidence around self-harm and will cover:

- What is self-harm - definition, statistics, triggers and functions of the behaviour
- Broaching suspected self-harm in a student
- Best practice response to self-harm including what to say, what not to say, alternative strategies to self-harm
- Touch upon the relationship between self-harm and suicide and also signpost to an online risk assessment tool
- How to ask about suicidal thoughts

2 December 2021
4pm - 6pm

Chamwell Centre,
The Milestone School
Longford Lane
Gloucester
GL2 9EU

Suitable for
practitioners in Primary,
Secondary and
SEND settings

**£30pp or £20pp with
special discount***

(*if booking more than one
place/ a place on any other
session within Improving
Social & Emotional Learning
and Health Programme)

For Schools, By Schools



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