SELF-HARM AWARENESS SESSION.

A 2.5hr session delivered by Steve O`Driscoll who self-harmed for over 20 years and managed to overcome his problems and now shares his experiences to help and support others and also facilitates a group in Newcastle to support people who self-harm.

THE SESSION COVERS –

What is self-harm?

Types of self-harm.

Who self-harms?

What makes people self-harm?

How does it feel?

Are people who do mentally ill?

Signs to look out for.

Coping techniques.

Treatment.

Self-help.

What if you don’t get help?

How you support a person.

Self-harm first aid kit.

Steve will also share his journey of recovery.

The session is very relaxed and there is plenty of opportunity to ask those unanswered questions around a subject that is still taboo to many in society.