

Non-Suicidal Self Injury training

At Lifeline Gippsland we are committed to raising awareness of mental health and suicide prevention. A community that is trained to recognise and respond to a person in crisis is the best safety net and builds resilient communities.

Course duration:

4 hours

Non-Suicidal Self Injury training

The Mental Health First Aid Conversations about Non-Suicidal Self-Injury course will teach you how to identify, approach, and support someone who is engaging in self-injury by using a practical, evidence based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

The term 'non-suicidal self-injury' (NSSI) describes a behaviour where a person deliberately or purposefully hurts themselves.

It is used to refer to self-injury that is not intended to result in death.

What will you learn?

- Why people engage in self-injury
- How to talk to someone about their self-injury
- How to help the person stay safe
- How to connect someone to appropriate professional help
- How to assess for suicidal thoughts and behaviours



Lifeline Gippsland Training

Lifeline Gippsland is a not for profit charity. By choosing to do your training through Lifeline Gippsland you are not only getting the very best Mental Health and Suicide Prevention training by the leading organisation in Mental Health, but you are also helping to support our 13 11 14 crisis line and saving lives.

Contact

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