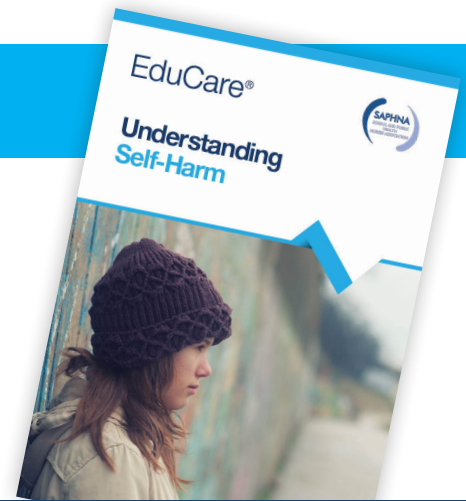


## Understanding Self-Harm

Self-harm is when somebody intentionally damages or injures their body. A person may use physical pain as a way of distracting themselves from emotional pain, giving them temporary relief. Written in partnership with the School and Public Health Nurses Association, the purpose of this course is to help you understand why someone self-harms and know how to support the individual.



### Key features

- Level 2 course
- One module with a multiple-choice questionnaire
- One CPD credit\*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

\*1 CPD credit equals up to 1 hour of learning

### Course content

#### The course covers:

- what self-harm is and why people self-harm
- facts and figures on the prevalence of self-harm and what factors make people more likely to self-harm
- common triggers for self-harm
- the different types of self-harm including the more obvious signs and less obvious ones
- the indicators that someone may be self-harming
- the support in place to help someone who is self-harming including distraction techniques and someone to talk to if they feel the need to self-harm
- ways of accessing support for someone who is self-harming
- further support on self-harm including services and helplines that are available.

### This course is suitable for

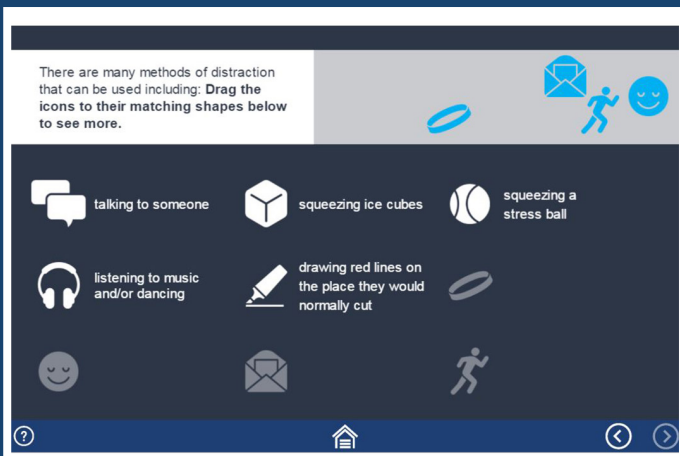
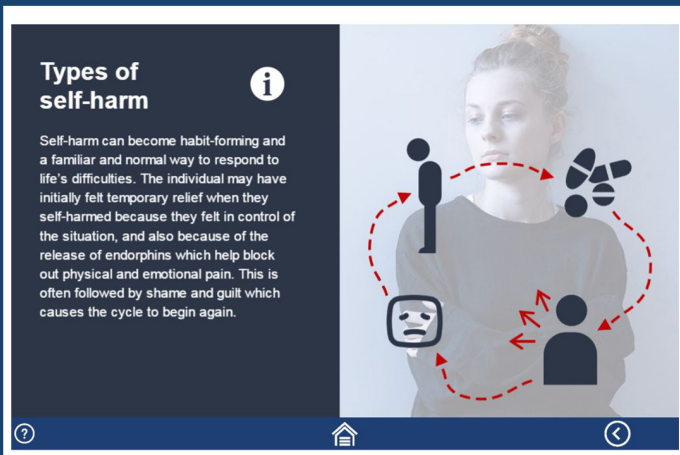
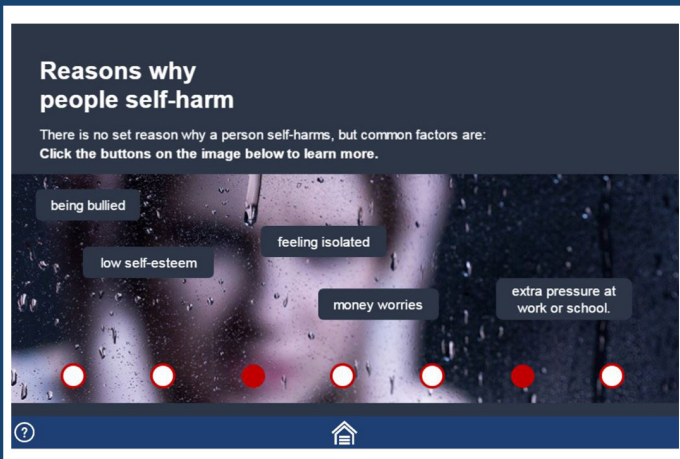
Anyone who wants to increase their understanding of self-harm.

## Key features

- Visually engaging and interactive.
- Information on what you can do to help and support someone who is self-harming.
- Answer explanations for those who achieve the pass mark.
- Additional resources to expand learning including links to helplines and further information about self-harm.

## Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as one of our EduCare multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



## Why choose us?



“ EduCare provides a clear and simple mechanism to train staff in a variety of crucial and mandatory areas. Staff numbers continue to grow and time to deliver training face-to-face is becoming ever scarcer due to increased legislation. ”

Phil Wise  
Reading Blue Coat School

www.educare.co.uk  
01926 436 211  
online@educare.co.uk

