

FREE

Bitesized Self-Harm Awareness Sessions

For those working with young people in Walsall



Aims:

- Share skills & build confidence on how to have conversations about Self Harm
- Increase knowledge of local sources of support and how to signpost
- Increase awareness of use of wellbeing plans to support mental health conversations
- Have an understanding of how to look after your own Mental Health & Wellbeing (Self Care)

Details:

- 30 minute sessions
- For School Staff, Parents, Carers and all those working with young people.
- Time: **3:30pm - 4pm**

Online Dates:

June - **24th**

July -

**8th/10th/14th/
16th/17th**

Face to Face Dates:

June - **12th/19th**

Location:

**Goldsmiths Primary
Walsall, Goldsmith Road,
Walsall, West Midlands,
WS3 1DL**

How to book:

Click [Here](#) to book your space
or scan the QR code below.

For other free mental health training available in Walsall, delivered by Birmingham Mind and commissioned by Walsall Public Health, click [here](#)



If you need any more information or assistance, please email:
training@birminghammind.org

 **mind**
Birmingham



Walsall Council

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