

Self Harm Awareness Training



We are delighted to offer our comprehensive free self harm awareness training.

Our highly experienced facilitators will explore possible causes and functions of self harm, as well as looking at self harm and suicide.

Understand
Recognise
Respond
Self Help

Online Zoom sessions will be held:

Tuesday 13th April 14:00 - 17:00

Monday 26th April 10:00 - 13:00

You will also receive a reading pack prior to the session.



To book your space, please contact:
moraywellnessservice@penumbra.org.uk
Freephone 0800 234 3490



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Community Mental Health
& Wellness Service