

Presenting the 'Understanding Self-Harm' slides - Guidance Notes

- We have split the slide set into 2 sessions – one entitled 'Understanding self-harm, the other 'Working with people who self-harm'. You can deliver them in one go, or separately, whichever suits your team.
- Each session will take between 10-20 minutes to deliver; longer if you allow time for discussion around the topics (which we recommend). For example, on the first slide set 'Understanding self-harm', you could ask your audience to think of ways that people in everyday life might potentially cause themselves harm (e.g. recreational drug use, overworking). In the second slide set 'Working with people who self-harm', it might be a good idea to spend some time discussing the difficult feelings that staff might experience (frustration, helplessness, anger etc). This will make the session more interactive and personally relevant.
- The slides set should be used in conjunction with the staff information sheet, (the information sheet contains more detail and should be circulated to all staff working with people who self-harm).
- The slide sets are suitable for staff who have not had much (or any) training, knowledge or education around self-harm – but feel free to adapt this to different staff groups if necessary and circulate to any interested parties.
- If you would like more advice about delivering these slides, or have suggestions about other information we could provide, please contact us on 020 7977 6642/6643, email selfharmproject@cru.rcpsych.ac.uk