



Counselling and Support  
for Young People



## Self-harm Awareness Talk for Parents & Carers

Join us for a talk aimed specifically at an audience of parents and carers, taking into account their own experience and understanding of the subject. It will be tailored to support the group to explore their own understanding of self-harm and any fears they may have within a safe space. By providing a safe space to explore the issue it will help parents and carers realise they are not alone and that other support is available to help them care for the young person in the most effective and appropriate way.

### WHEN:

**Friday 10<sup>th</sup> November 10.00am to 11.00am** at CASY offices in Newark

or

**Friday 8<sup>th</sup> December 10.00am to 11.00am** at CASY offices in Newark

The talk covers six main areas, including:

- Introduction and assurance that this will be safe space
- What is self-harm (and what it isn't)
- Why people self-harm
- Indicators of self-harming behaviour
- What can you do to support someone who is self-harming
- Questions

**COST:** Free

**To reserve your place please contact the office on:**

**01636 704 620 or email us at: [office@casy.org.uk](mailto:office@casy.org.uk)**



CASY, 16 London Road, Newark, NG24 1TW

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