



# CONVERSATIONS ABOUT NON-SUICIDAL SELF-INJURY

For families, carers and friends

**FRIDAY 21 APRIL 2023, 9:30 AM - 2:30 PM**

MIFWA Training Room | 14 Council Avenue, Rockingham

## What will I learn?

This course will teach you how to identify, approach and support someone who is engaging in self-injury by using a practical, evidence-based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

The term 'non-suicidal self-injury' (NSSI) describes a behaviour where a person deliberately or purposefully hurts themselves. It is used to refer to self-injury that is not intended to result in death.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Note: This course is not a therapy or support group.

### You will learn:

- Why people engage in self-injury
- How to talk to someone about their self-injury
- How to help the person stay safe
- How to connect someone to appropriate professional help
- How to assess for suicidal thoughts and behaviours

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

## Who should attend?

Any adult in an unpaid support or caring role for a family member or friend with a mental health issue.

## Costs

This is a free course open to family carers only.

## Meals

Catering will be provided.

## Register now

It's essential to register your interest. Register via email to [events@mifwa.org.au](mailto:events@mifwa.org.au)