

Supporting children and young people who self harm



A programme for those who support a child or young person who self harms or is at risk of self harming.



Supporting Children and Young People who Self Harm is a psycho education programme from the Oxfordshire Discovery College. Together we explore what sits behind self harming behaviours, **how to support** the children and young people in our lives when they self harm, **how to manage risks** and what other, healthier, strategies we could support them to use. This programme may be useful to parent, carers, adult family members, teachers, youth workers, and clinicians.

What others have said about the programme

"An incredible 5 weeks"

"We are communicating better"

"It's made me so much more mindful of taking time out for myself. A great course, thank you!"

"I found this so interesting on both a personal and professional level"

What will I gain from the programme?

The first half of the programme develops our understanding of self harm; why young people do it, what some of the myths around it are, and some of the barriers to seeking help. The second half of the programme explores some alternative ways to cope; how to ask the right questions and provide support, how else we could help children to manage their emotions, and how to look after ourselves too.



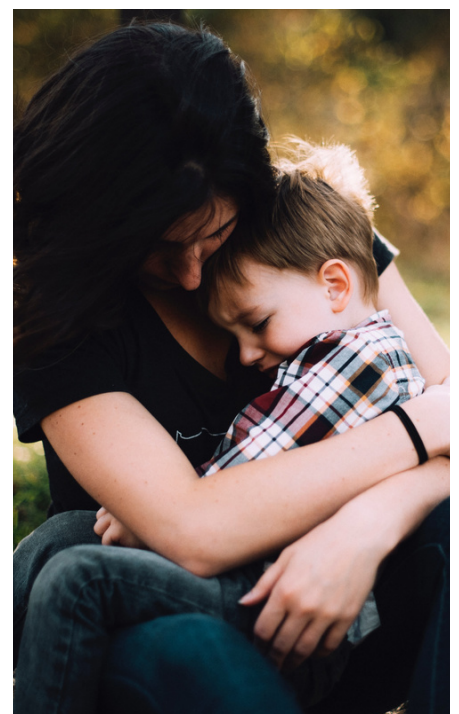
What makes this programme different?

At Oxfordshire Discovery College we put lived experience at the heart of what we do. When we write and deliver programmes we combine the most up-to-date research and guidance with the perspectives of people who have experienced the topic for themselves - either as a young person, or by caring for a child or young person who has. We create a safe and confidential space to share experiences and explore challenges together.



Who are the facilitators?

We'll have 2 friendly facilitators, running the programme. Between them they have a strong foundation of both lived and learned experience of the topic and a background in running programmes like this one. They're more than happy to answer any questions you may have before or after each session.



THE DETAILS



Where and When?

Oxfordshire Discovery College , **Didcot**

Starting **Wednesday 10th Sept - 9.30am - 11.30am**

for 5 consecutive weeks

How long is each session?

Each session is **2 hours** this will include some time for comfort breaks and refreshments

How much will it cost?

The programme is fully funded so there are **no costs** involved.

If you would like to find out more about our funding or how you may be able to support the Discovery College please email hello@oxfordshirediscovery.co.uk or head over to our webpage for more information.

How do I book a place?

To book your fully funded place on the course please either:

email leila@oxfordshirediscovery.co.uk or register your interest via this [link](#) or the QR code

