

Understanding Self-Harm

The Understanding Self-Harm Workshop is aimed at those wishing to increase their awareness of self harm and for those that wish to learn how to develop better coping strategies.

The workshop looks at self harm facts and myths, how and why people may self harm and how to best manage and control urges.

The workshop promotes the use of cognitive coaching, self awareness and personal reflection. With discussion, participation in peer support group activities and exercises you will be able to explore how to incorporate what you learn into your daily life.

Email: info@eastkentmind.org.uk or call 0795 050 8827