



SELF-HARM AND DISTRESS TOLERANCE WEBINARS

FREE short series of self-harm and distress tolerance webinars commissioned jointly by partners across Sussex. Available to all school/college and **non**-school/college-based staff, governors and local practitioners from East Sussex, West Sussex, and Brighton & Hove

The three sessions cover:

1st of February 2021

Self-harm – What to say and do if a child is self-harming

25th of February 2021

Self-harm – Working with parents and carers

11th of March 2021

Distress tolerance – Simple skills for managing crisis moments

All sessions will be available via **ZOOM** and there is **NO LIMIT** to the amount of people that can attend.

Book your place on the webinars via the Eventbrite links found within this flyer, the same links will also be available within the West Sussex Services for Schools website

<https://schools.westsussex.gov.uk/>

Attendees will receive links to and/or copies of all associated documentation. Staff may attend single events or all 3 events.

About the trainer:

Dr Pooky Knightsmith is an internationally recognised mental health educator, ambassador and author with a PHD in psychological medicine.

Each session will run from 4pm-5.30pm

Monday 1st of February 2021

Self-Harm: What to say and do if a child is self-harming

<https://www.eventbrite.co.uk/e/self-harm-what-to-say-and-do-if-a-child-is-self-harming-tickets-137761088123>

Thursday the 25th of February 2021

Self-Harm: Working with parents and carers

<https://www.eventbrite.co.uk/e/self-harm-working-with-parents-and-carers-tickets-137771946601>

Thursday 11th of March 2021

Distress Tolerance: Simple skills for managing crisis moments

<https://www.eventbrite.co.uk/e/distress-tolerance-simple-skills-for-managing-crisis-moment-tickets-137772434059>

The webinars will be accessible via ZOOM and there is NO LIMIT on attendance