



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>

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attendance**