



North Tyneside
Carers' Centre

UNDERSTANDING SELF HARM

Do you support someone who has a Mental Health condition who self harms?

This two week programme will focus on your own wellbeing and increase your understanding of self harm, so that you feel better able to support the person you care for.

Wednesday 19th and 26th May
6-8pm
Online via Zoom

These free sessions will be delivered by **Emmalene Charlton (Tyneside and Northumberland Mind)** and **Kate Chartres (Nurse Consultant/ Network Clinical Lead NHS England)**.

This session has been funded by CNTW.

Week 1 (Emotional Resilience) - positive ways to cope with your own stress or emotional distress, equipping you to develop a personal plan to support your wellbeing and know where to access further support should you need it

Week 2 (Self Harm Awareness) - explore the myths and stigma associated with self-harm, understand reasons why people self harm, compassionate ways to support someone who uses self-harm as a coping mechanism, supporting people to find safer ways to deal with distress to support recovery from self-harm

To sign up:

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