

## AIM

To be able to care for people at risk of performing low-level self-harming behaviours

## DURATION

Half Day Course (3 Hours)

## LEARNING OUTCOMES

By the end of this course, you will:

- Understand the impact of mental health conditions
- Recognise factors that can trigger mental health conditions
- Be aware of the legislation underpinning mental health in care
- Know why people self-harm
- Understand what to do in the event of someone self-harming
- Be aware of coping strategies

## LESSONS AND TOPICS

### Mental Health Awareness

- Mental Health Conditions
- Statistics

### Causes of Mental Health Conditions

- Genetic Factors
- Physical Factors
- Psychological Factors
- Social and Environmental Factors

### Legislation

- Mental Health Act
- Mental Capacity Act
- Health and Safety at Work Act
- The Management of Health and Safety at Work Regulations

### Self-Harm

- What is Self-Harm?
- Why do People Self Harm?
- What to do if You Suspect Someone is Self-Harming
- What to do if You Discover Someone Self Harming
- How to Help Someone Engaging in Non-Suicidal Self-Harm
- Coping Strategies