

HOPE Virtual Parent Support

Self Harm

Tuesday 23rd May 7pm
Thursday 25th May 10am



How children and young people might self harm

Understanding the reasons why young people self harm

Communication, strategies and safe harm

Support for you and self care

Resources and useful websites/apps

Time for chat and questions

*Feel free to listen off camera and mic
or use the chat facility to participate*

Hopeful
Encouraging
Validating

Informative,
good to
know I'm
not alone

HOPE Parent Support Sessions;

**a safe place to find information, chat and learn from
each other through shared experience.**

To find out more contact your HOPE
mentor in school or Keddie on
07508 176043

keddieHOPE2021@outlook.com

Register HERE



<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>