help me, i'm hurting

developing understanding of self-injurious behaviours

The aim of this course is to help adults supporting children/young people (CYP) to better understand self-harm in CYP by defining the term, reflecting on current research, and considering some of the functions that self-harm might serve. The session is designed to explore the ways educational professionals can support CYP who self-harm and to offer some strategies and guidance.

At the end of this course, participants will be able to:

- Understand the term 'self-harm' or 'self-injury',
- Consider some of the research related to self-harm,
- Identify risk factors and vulnerable groups,
- Explore some of the causes and functions associated with self-harm,
- Consider the role of educational professionals in supporting CYP who experience self-harm, and
- Understand how professionals are able to support CYP who self-harm.

17.03.2026 15:40pm - 17:10pm

THIS IS A VIRTUAL TRAINING SESSION HOSTED ON THE TEAMS PLATFORM. TRAINING CAN BE DONE AROUND ONE SCREEN IF DESIRED, BUT WE WILL STILL REQUIRE ALL CONTACT NAMES AND EMAIL ADDRESSES OF STAFF ATTENDING.

PLEASE CONTACT COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK TO BOOK ONTO THIS VIRTUAL SCHOOL TRAINING OPPORTUNITY.

NON-ATTENDANCE OR LESS THAN 3 FULL WORKING DAYS' NOTICE OF CANCELLATION FOR ONLINE COURSES OR 5 FULL WORKING DAYS FOR FACE-TO-FACE COURSES WILL INCUR A COST OF £100 PER DELEGATE AT THE DISCRETION OF THE VIRTUAL SCHOOL HEAD. CONTACT COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK TO CANCEL. IF YOU WOULD LIKE TO ATTEND BUT ARE UNABLE, PLEASE CONTACT US TO DISCUSS. WE MIGHT BE ABLE TO HELP.