



## Suicide and Self Harm Training: Foundation Course



Bangkok, Thursday 8<sup>th</sup> November 2018, 9am-4pm.  
Bangkok Prep New Secondary Campus T77, On Nut.

This day of training is for teaching staff who have some experience of working with students in a pastoral role and who wish to develop and refine their understanding and skills in relation to potential suicide and self harm.

The day covers the following aspects:

### Morning Session: Self harm

- What you know about suicide and self harm
- Definitions of self harm
- Reasons for and types of self harm
- Risk factors for and signs of self harm
- Confidentiality and child protection
- What to do and how to help
- Circle Solutions role play

### Afternoon Session: Suicide

- Definition of and attitudes to suicide
- Risk factors: physical and emotional signs
- What to do and how to help
- Impact of social media and film
- Useful contacts and resources
- Further training opportunities

This a challenging and interactive day. Staff will leave with practical guidelines for the identification and support of students who are self harming or are at risk of doing so. It will also provide guidelines for suicide awareness.

All of this can be cascaded to other staff through staff meetings and internal training.

The Advanced Course designed for counsellors and school psychologists is available for teaching staff who have completed this Foundation Course.

**The cost for the day including lunch and refreshments is GBP245.**

**To register your interest please email: [angiewigford@icloud.com](mailto:angiewigford@icloud.com)**