

**Wellbeing Clinic – The Truth About Self-Harm**  
**Thursday 4 June 2026 – 1:30 – 3pm via Zoom**

**Gill Taha (Mind Northamptonshire) leads this session.**

**Audience:** The session is suitable for School-based staff - teaching and non-teaching, including leadership (primary and secondary phase colleagues).

Self-harm is more common than many realise, affecting thousands of people in the UK across all ages and backgrounds. Knowing how to respond can be difficult—whether you are worried about saying the wrong thing, feeling embarrassed, or simply lacking the tools to help.

**The session will explore:**

- **Understanding Behaviours:** Gain a deeper insight into self-harming actions and why they occur.
- **Challenging Stigma:** Explore common myths and examine how personal and societal attitudes impact those affected.
- **Triggers & Factors:** Discuss the underlying causes and specific situations that may lead to self-harm.
- **Identifying Signs:** Learn how to recognise the physical and emotional indicators that someone may be struggling.
- **Effective Responses:** Practical guidance on how to respond helpfully and compassionately to someone in distress.
- **Self-Care & Wellbeing:** Reflect on the emotional impact of supporting others and learn strategies to maintain your own mental health.

**Cost:** Secondary SLA members 2 free places. Primary SLA members 1 free place. Non-members £20 per delegate

Book your place <https://www.sponne.org.uk/ts/professional-development/calendar>

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