

Parent Information

Evening

Topic: Deliberate Self-harm

Presented by Dr Barry Jones, Child and Adolescent Mental Health

Self harm describes a wide range of things people deliberately do to themselves that appear to be harmful but usually do not kill them. A young person may self harm to help them cope with negative feelings, to feel in control or to punish themselves. As a parent, raising sensitive issues such as self harm and resolving problems that arise can be challenging, but there are a number of things that you can try to support a young person who is going through a tough time.

Come and learn more about this difficult topic and what parents can do to support a young person.

Got a question for the presenter but don't feel comfortable asking in a group?
Email it to info@headspaceospk.com.au to be read on the night.



When

Wednesday 9th December 2015

6:30pm—8:30pm

Where

headspace Osborne Park—145 Main Street, Osborne Park

Contact

Please register by contacting **headspace** Osborne Park on 9208 9555 or emailing info@headspaceospk.com.au

Places are limited

