Penumbra
Mental Health
Your journey. Your way.

We are Penumbra Mental Health,

a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health.

From being there for people in crisis to suicide prevention, supported living to self-harm management and peer support, we are with those we support every step of their journey to a better place.

People's experiences are at the centre of everything that we do. We champion peer workers; they know that recovery is possible, because they've been there too.

Of course, everyone's journey is different, so we work with people to identify, believe in, and reach their goals, whatever they may be.

Often, it's about hope, but we know that's not always easy for people to hold on to.

And so, when times are tough, we hold it for people, keeping it safe - just until the time is right. You see, Penumbra has always been about people; listening and learning, challenging, encouraging and enabling.

It's why we're trusted to provide services across Scotland, supporting thousands of adults and young people every month, because when people need us, we're there.

Penumbra
Mental Health

Self-Harm Network Training

What is the self-harm network?

The Self-Harm Network Scotland is passionate about raising awareness and reducing stigma around self-harm. Our aim is to develop and deliver informative and accessible training and resources to help improve understanding of self-harm. We have developed a number of different training opportunities that will enable you to choose the best option for your organisation and your training needs.

1 Hour Self-Harm Awareness Session

This session is designed to be an introduction to self-harm. The session is low engagement (webinar/presentation style), and will cover the following topics:

- What is self-harm?
- Who self-harms?
- How do people self-harm?
- Why do people self-harm?
- How can we support someone who self-harms?

This session can be delivered in person or online with a minimum of 4 participants and no maximum.

3 Hour Self-Harm Awareness Session

This session will dive deeper into the underlying reasons for self-harm and will give more in-depth detail on how we can support someone who self-harms. This session is more engaging with some group discussion activities allowing for deeper understanding of self-harm. The session will cover the 1 hour session topics plus:

- Underlying causes of self-harm
- Functions of self-harm
- Practical guidance in supporting people who self-harm

This session can be delivered online or in person with a minimum of 4 participants and a maximum of 16 participants.

Full Day Self-Harm Awareness and Skills Session

This session is designed to give the participants an in-depth understanding of self-harm, the current legislation and practices around self-harm and tools to support people who are self-harming, as well as an understanding of their organisational practices, policies and needs. This session is very engaging with a lot of group activities and discussion. The session will cover the 1 and 3 hour session topics plus:

- Definitions and prevalence of self-harm
- Our response to self-harm
- Practitioner and organisational needs

This session can be delivered face to face only, with a minimum of 8 participants and a maximum of 16.

Contact

If you or your team are interested in taking part in any of these training sessions, please contact us using the below mail.