

Understanding and Preventing Self-harm and Suicide in your Community

Self-harm and suicide are serious problems in New Zealand. This evidence based, best practice workshop will empower you to help a young person who is self-harming or suicidal.

Key learnings:

What is self-harm and why young people do it?

Why sleep deprivation plays a significant role in suicide.

How does a history of trauma and PTSD make someone more vulnerable to suicide and what new treatments are available?

What should professionals look for as a response to Covid-19?

Why are a growing number of young children (ages 5-12) expressing suicidal ideation?

How can you hold someone in the community if services are “full”?

How to support young people if there has been a death by suicide.

Why are so many suicides an instant response to a failure or crisis and how can this be prevented?

Who should attend, counsellors, youth and social workers, GPs, nurses, teachers, support workers and anyone concerned about suicide in the community.

Michael Hempseed is the author of the book Being A True Hero: Understanding and Preventing Suicide in Your Community. Although he speaks on “dark topics” the participants at his seminars say they walk away feeling inspired and hopeful and they even have a few laughs along the way. Many non-professionals come to his seminars and they say they learn a lot. But, professionals and experts in the field, such as medical doctors, psychologists and counsellors also say they learn a lot.

Oamaru Wed the 3rd of March 9am-3:30pm Brydone Hotel 115 Thames Street, Oamaru 9400 Registration link, <https://www.eventbrite.com.au/e/understanding-and-preventing-self-harm-and-suicide-in-your-community-oamaru-tickets-139799571281>

Dunedin Thursday the 4th of March 9am-3:30pm Edgar Centre 116 Portsmouth Drive Dunedin 9012 Registration link, <https://www.eventbrite.co.nz/e/understanding-and-preventing-self-harm-and-suicide-in-your-community-tickets-139797358663>

Invercargill the 5th of March 9am-3:30pm Pacific Islanders Advisory & Cultural Trust Inc 135 Bowmount St Registration link, <https://www.eventbrite.co.nz/e/preventing-self-harm-and-suicide-in-your-community-invercargill-tickets-139800640479>

Cost: \$95 +GST, or volunteers \$20. For more info, email, info@ess.org.nz

