

PARENT & CARER SUPPORT GROUP FOR SELF-HARM

4 Session Online Self-Harm Support Group for Parents & Carers of Young People that Self-Harm

Supporting a young person who self-harms can feel overwhelming, confusing, and isolating. Wait times for referral to services often take time.

This online support group will equip parents and carers with the self-confidence to support their child and to promote a caring environment that reduces stress and promotes health and well-being.

By the end of the course, participants will have had opportunity to:

- Develop a better understanding of self-harm
- Reflect on the challenges faced by parents and carers when providing support
- Explore helpful responses, drawing on the perspectives of people with lived experience and up-to-date, evidence-based guidance
- Focus on accessing support for themselves and confidently signposting to relevant resources

Facilitated by Jez Spencer, a qualified Mental Health Support Worker specialising in suicide prevention and self-harm. Jez works extensively with private and public sector organisations providing mental health training across the UK and Ireland.

When: Online 6.00pm - 7.30pm
3rd, 17th, 31st March & 14th April 2026

For more information please email:
groups@selfinjurysupport.org.uk

