CAMHS



FLASH: FAMILIES LEARNING ABOU1

SELF-HARM

Training Programme

Who is FLASH for?

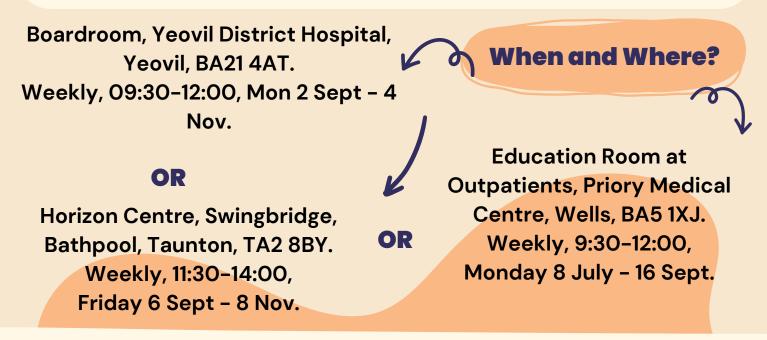
Any adult who has shared responsibility for bringing up a child age 11-18 can attend the group, including stepparents, grandparents and childminders. We welcome parents on their own or with their partners/adult family member.

What does the course cover?

This is a 10-week course which aims to create better communication and personal relationships between parent/carers and young people. FLASH allows parents the opportunity to discuss the problem with people who understand and learn how to manage the concerns within your home.

It will include:

- Exploring what self-harm is, what the risks are and what is the function of self-harm
- Listening and self-esteem enabling skills
- Managing self-harm within the family environment
- How self-harm impacts on parenting and ways to manage under stressful circumstances
- Coping strategies for parents and carers



To refer a parent/carer for this workshop, please share this information with them and complete a specific FLASH workshop referral form. Pease note this is a separate process to the normal CAMHS Referrals. By completing the referral form you are referring the parents/carers to the workshop only. Please email the form to camhsspa@somersetft.nhs.uk

If you would like to ask a question please ring CAMHS on 0300 124 5012.

Please note: these sessions are for parents and carers only, we cannot accommodate children and young people.