



# Understanding and Responding to Self Harm and Suicide in Youth—A Developmental Perspective

Tuesday 13th February 2018

Self-harm and suicide are major issues amongst young people. Both issues need to be taken extremely seriously. There are a lot of myths about both topics that prevent many people from getting the help they need. This evidence based, best practice workshop will empower you to help a young person who is self-harming or suicidal.

## Join us for this workshop where you will learn:

- What the difference is between suicide and self harm.
- What is self-harm and why people do it.
- What is the best way to help someone with a mental illness.
- Where can you go to find help.
- Are they just “seeking attention?”
- We will also address common myths and misconceptions.

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## WORKSHOP DETAILS:

*Please note: The same workshop will be repeated at two different time options. Please only register for the one that you would like to attend. Workshops will only run if sufficient numbers register. Confirmation will be sent closer to the date of the workshops.*

### Workshop Option One:

**Time:** 9.30am—12.30pm  
**Date:** Tuesday 13th February 2018  
**Venue:** The Bridge Club, 21 Nova Place,  
Christchurch  
**Cost:** \$65 + gst per person  
**Register:** Online here

### Workshop Option Two:

**Time:** 6.30pm—9.30pm  
**Date:** Tuesday 13th February 2018  
**Venue:** TBC,  
Christchurch  
**Cost:** \$65 + gst per person  
**Register:** Online here

For more information contact [info@collaborative.org.nz](mailto:info@collaborative.org.nz)  
or visit our website [www.collaborative.org.nz](http://www.collaborative.org.nz)