



# NON-SUICIDAL SELF INJURY



**MENTAL HEALTH  
FIRST AID®**  
Australia

Licensed Instructor



The Non-Suicidal Self-Injury course will teach you how to identify, approach and support someone who is engaging in self-injury by using a practical, evidence based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

The term 'non-suicidal selfinjury' (NSSI) describes a behaviour where a person deliberately or purposefully hurts themselves. It is used to refer to self-injury that is not intended to result in death.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

*Note: This course is not a therapy or support group.*

**Duration:** 4 hours

**Delivery mode:** In class training

## Entry Requirements

Participants are required to have a reasonable level of verbal and written skills.

## Prerequisites

There are no prerequisite for this workshop.

## Workshop Content

- Why people engage in self-injury
- How to talk to someone about their self-injury
- How to help the person stay safe
- How to connect someone to appropriate professional help
- How to assess for suicidal thoughts and behaviours.

## Award Issued

A certificate of attendance will be awarded.

No statement of attainment is issued for this Training.

On successful completion of the post-training assessment, certification is issued as a **Mental Health First Aider**.

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