



FLASH: FAMILIES LEARNING ABOUT 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

**Boardroom, Yeovil District Hospital,
Yeovil, BA21 4AT.**

**Weekly, 09:30-12:00, Mon 2 Sept - 4
Nov.**

OR

**Horizon Centre, Swingbridge,
Bathpool, Taunton, TA2 8BY.**

**Weekly, 11:30-14:00,
Friday 6 Sept - 8 Nov.**

OR

**Education Room at
Outpatients, Priory Medical
Centre, Wells, BA5 1XJ.**

**Weekly, 9:30-12:00,
Monday 8 July - 16 Sept.**

When and Where?

To refer a parent/carer for this workshop, please share this information with them and complete a specific FLASH workshop referral form. Please 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.