

Self-harm & Suicide Prevention Workshop



Welcome to Virtue Healthcare Education

The Self-harm and Suicide Prevention workshop has been designed for people who work in a support role with Tangata Whaiora who are at risk of self-harming or suicide. The number of people dying by suicide in New Zealand is increasing with an all-time reported high for the year of 2015/16. This shows that New Zealand still has a long way to go in turning this unacceptably high total around. Suicide and Self-harm are destructive coping mechanisms with Self-harm being one of the highest reason for ED admissions in New Zealand.

We educate our trainees in identifying and supporting people who might be struggling with self-harm or suicidal thoughts. We teach strategies on how to effectively address these sensitive topics to facilitate change in people's lives.

Training Outcomes

Trainee's will learn

- Increased understanding of self-harm and suicidal behaviours
- How to identify the underlying reasons behind self-harm and suicide
- How to act sensitively and appropriately in supporting each person
- Different effective strategies to prevent, minimize and cope with self-harm and suicide
- How to tackle the societal and professional attitudes that create stigma.

Location

We come to you! Depending on your circumstances we offer on-site training or local workshops. Contact us if you would like to organise on-site training or to see when the next workshop is happening in your area.

Our Workshops

Our workshops allow participants to learn in a structured and enjoyable environment. Content is up-to-date and specifically tailored to be relevant for the trainees and the environment that they work in. Workshops are designed to be entertaining and interactive to maximise learning outcomes and cater for different learning styles.

If you have any questions about this workshop or this brochure please do not hesitate to contact our workshop organizer

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QUICK INFO

Duration: 1 full day workshop

Workload: 9.00am – 4.00pm