

# Mental Health First Aid for Self-Injury (Self-harm)

## Course Outline

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

This education course gives participants an opportunity to learn how to help someone who is engaging in self-injury.

Course covers:

- 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

This course is recommended for anyone who supports people engaging or at risk of engaging in self-injury and aims to have meaningful conversations around self-injury and lessen the stigma and judgment associated with self-injury.