

**The Lincolnshire Safeguarding Children Partnership  
offers a number of courses supporting and informing practitioners about  
Emotional Wellbeing and Self Harm in Children and Young People.**

**Self-harm and suicidal thoughts in children and young people**

eLearning

Learning Outcomes:

- List the warning signs that a young person might suggest self-harm or suicidal thoughts in a young person
- Explain what you should do if you suspect self-harm
- Outline the risk factors and possible causes of self-harm and suicidal thoughts on a young person

**Healthy Minds-supporting children and young people with their emotional well-being in  
Lincolnshire.**

1 day course

Delivered in partnership with Health Minds

Learning Outcomes:

- Identify emotional well-being concerns in child and young people
- Recognise the importance of early intervention and how best to support children and young people
- Develop strategies in supporting the emotional well-being needs of children and young people.
- Increase knowledge of mental health services in Lincolnshire and how to refer.

**Parental Mental Health**

eLearning

This course raises awareness of the main issues surrounding mental health in parents and focuses on how this can impact children and young people. It increases understanding of the causes and symptoms of mental health and knowledge of how to advise and support parents, children and young people.

To register on any of the above courses simply click:  
Visit the Lincolnshire Safeguarding Children Partnership website  
<https://pre.lincolnshire.gov.uk/childcare-family-support/lscp>

Click on the Training link

## **Understanding Young Minds: free online course for Parents**

Virtual College have worked in partnership with Self Harm UK to create a free online course designed to help parents talk about the issue of self-harm with their children.

### **Background**

Thousands of children and young people in the UK are thought to be impacted by self-harm each year.

Spotting the signs can be difficult, and approaching the subject with your children can be an uncomfortable experience.

60% of parents feel uncomfortable discussing self-harm with their children

Source: survey conducted by Ipsos MORI 2017

### **The Course**

This online course, 'Talking to your children about emotional resilience and self-harm', has been designed to provide you with a basic awareness of the subject to help you approach your children with confidence about the issue.

This course will help you to:

- Know what self-harm is and why young people may do it
- Know what makes young people vulnerable to self-harming behaviour
- Understand in what ways you can support a young person who is self-harming

To register for this course, simply click below:

[www.virtual-college.co.uk/courses/safeguarding/understanding-young-minds](http://www.virtual-college.co.uk/courses/safeguarding/understanding-young-minds)