

**MID AND WEST WALES SAFEGUARDING BOARD**



## **SUICIDE AND SELF-HARM AWARENESS EVENT**

**NATIONAL SAFEGUARDING WEEK 2021**

**IN COLLABORATION WITH THE REGIONAL SUICIDE AND  
SELF-HARM FORUM**

### **KEY THEMES**

- Exploration of the prevalence, patterns and trends of suicide and self-harm in Wales
- Papyrus: Providing an overview of the services, help and support available to young people
- A young person's perspective and lived experience

### **MICROSOFT TEAMS LIVE SEMINAR**

Tuesday 16<sup>th</sup> November 2021 11:00am to 2:00am

Application closing date: Friday 5<sup>th</sup> November 2021

**[BOOK HERE](#)**

### **TARGET AUDIENCE**

**SOCIAL WORKERS**

**SOCIAL WORK MANAGERS**

**POLICE OFFICERS**

**HEALTH  
PROFESSIONALS**

**SCHOOL TEACHERS**

**EDUCATION  
PROFESSIONALS**

**RELEVANT THRID SECTOR  
ORGANISATIONS**

*Meets Learning Outcomes for staff groups C and D of the  
Mid and West Wales Safeguarding Board All Age Regional Training Strategy*

## **Exploration of suicide and self-harm patterns and trends in Wales**

The seminar will provide an overview of patterns and trends in respect of suicide and self-harm in Wales, and how they can help to inform the response from professionals to those in need.

**FACILITATOR: PROFESSOR ANN JOHN**

Ann John is a professor in Public Health and Psychiatry at the Swansea University Medical School. She chairs the National Advisory Group to Welsh Government on the prevention of suicide and self-harm, and is the lead author of the Talk to Me 2 strategy.

### **Papyrus: Providing help to young people in the area of Suicide and Self-Harm in Wales**

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK. They aim to engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills.

**FACILITATOR: KATE HENEGHAN**

Kate is a member of the Welsh Government's National Advisory Group on Suicide and Self Harm Prevention. She has been Head of POPYRUS in Wales since January 2019. She has a Masters' Degree in Public Health and a particular interest in tackling the stigma associated with suicide.

### **A young person's perspective and lived experience**

"I hope that by raising awareness of self-injury and talking about my own experience, it will increase people's knowledge and empathy, and lessen some of the mystery of such a stigmatised subject. I hope that this will in turn make people feel safer and comfortable to seek help when needed."

**FACILITATOR: SARAH DALE**

Sarah is a mental health service user representative who attends various meetings at a local and regional level. She aims to bring a service user's perspective to highlight current issues and trends, and is supporting professionals to shape new services so they are 'service user ready'. This includes the development of a self-harm pathway for those who may come into contact with people who self-injure.