



Liberating Families To Find Their Truth



Dear Parent

Self Harm Help For Parents

If you are reading this letter, you will have received it from your son/daughter's school, local children's centre or other related services. We have asked these services to help us in getting this information to ALL parents or as many parents as possible, that use their services.

Firstly, by way of introduction, we are Step Up! International, whose focus is '*Liberating Families To Find Their Truth*'. Part of our role includes self harm training across the UK, for parents and professionals to be able to provide more relevant support for children and young people who self harm.

We recognise that whilst there is an increase in self harm amongst young people, there is generally little support for their parents and, in particular in terms of self harm awareness and managing self harm issues within the family environment as a whole.

As such, we are looking at different ways to provide you with this assistance. One of these ways and avenues is arranging this Webinar for you which you can take part in from the comfort of your own home or wherever you are.

Our intention is to provide self harm awareness in order to:

- ✓ Offer the opportunity for open communication
- ✓ Debunk and challenge myths about self harm
- ✓ Alleviate some of the stigma associated with self harm
- ✓ Assist in reducing your isolation and frustration resulting from lack of information and lack of support relating to self harm
- ✓ Assist you in eliminating any guilt, shame or similar feelings that you *may* hold relating to your child (or someone else's) self harming behaviour

Please look at the accompanying letter to this one, which has all the details about the Webinar and various dates and *DO* seize the opportunity to join us whilst the Webinars are Free (normally valued at £57 per session).

Looking forward to hearing from you soon,

Jennifer McLeod
FOUNDER & CEO

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international.co.uk](http://www.stepup-international.co.uk)**
Registered in England and Wales.
Company no. 5633566



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Self Harm Help For Parents Webinars

Are you:

- ✓ Feeling that you are caught in a trap without knowing which way to turn for help?
- ✓ Blaming yourself for your son or daughter's self harming behaviour?
- ✓ Feeling ashamed that you or your son/daughter is self harming?
- ✓ Feeling or finding that other people are pointing the finger at you?
- ✓ Feeling Stuck?
- ✓ Wracked with guilt and don't know how to deal with it?
- ✓ Wishing the professionals would just do their job and help your child with their self harming behaviour?
- ✓ Scared that your son/daughter may not realise how seriously they are harming themselves?
- ✓ Feeling isolated?
- ✓ Just wanting to have some self harm help awareness?

If you have answered YES to any of the questions above, this Self Harm Help For Parents Webinar is just for you!

We know that more and more young people are using self harm as a way of managing their emotions and deep distress that they are experiencing relating to a particular situation or a range of situations that have built up over a period of time.

JOIN US in CONFIDENCE

When you join us on the Webinar, your details will be totally confidential; no one else will be able to see them or know who you are; nor will the organisation that referred you to us know that you have taken part (unless you choose to share that information with them).

What is a Webinar?

A webinar is like a training workshop, except it takes place online, normally for an hour, and the main difference is that we do not see each other.

You can access the Webinar via a computer anywhere or by telephone.

Book your place now to take part from the Comfort of Your Own Home, [HERE](http://stepup-international.co.uk/self-harm-help-for-parents-webinar/)

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What You Will Take Away With You:

- ✓ Increased self harm awareness
- ✓ Awareness of possible triggers for the self harm
- ✓ Better appreciation of the Do's & Don'ts in managing self harm within the family environment
- ✓ Managing self harm at home
- ✓ Increased awareness regarding seeking help for your son/daughter who is self harming or who you suspect is self harming.
- ✓ Increased awareness regarding seeking help for the family as a whole.

What Do You Do Now?

This information is being sent to parents across the UK. As we *ONLY* have 100 lines available for Each Webinar.

- ◆ Book and secure your Place Now to avoid disappointment!
- ◆ All the Webinars are the same, therefore please only book *ONE* Webinar session
- ◆ If spaces are fully booked, please book an alternative Webinar date

DATES

Thursday 10 July 2014 Tuesday 15 July 2014
Wednesday 23 July 2014 Tuesday 29 July 2014

To **BOOK** your **FREE Webinar Session** (normally valued at £57) Visit [HERE:](http://stepup-international.co.uk/self-harm-help-for-parents-webinar/)
<http://stepup-international.co.uk/self-harm-help-for-parents-webinar/>

We look forward to hearing from you soon

Yours sincerely,

Jennifer McLeod
FOUNDER & CEO

PS:

- We only have these dates available
- DO seize the opportunity to join us whilst the Webinars are *STILL* Free.

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