**Adolescent self–harm: how to make sense of it and when to seek support**

Date: Tuesday 1st November

Time: 5-6.15pm

Venue: Virtual via Zoom

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one’s own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents. This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional support. Places on this webinar won’t be limited and there will be an opportunity to ask questions at the end.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/meeting/register/tJEufu2qrTotEt1DWEU8S4QXqBU5bRhfg78Y>

*After registering, you will receive a confirmation email containing information about joining the meeting.*