# Communicating with your teenager about self-harm

**A recent survey found that 60% of parents feel uncomfortable discussing self-harm with their children. This course has been designed to make the subject of self-harm more approachable.**

## Who is this course for?

This course has been made for parents to help them discuss the impact of self-harm with their children.

## What will you learn?

This course aims to give you a basic awareness of self-harm. You'll be given essential information around the subject so you can speak with more confidence to your children on the issue of self-harm.

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Virtual College have donated their time and resources to create this free online course with **SelfharmUK** to help support those impacted by self-harm.

Access your free online course:
**www.understandingyoungminds.co.uk**
replies@virtual-college.co.uk
01943 885085

Virtual College