



Let's Talk
...about self-harm

Toolkit training workshop

Would you like to understand how to use the updated Self-harm Management Toolkit used by Southend, Essex and Thurrock (SET)?

Come along and increase your **knowledge, skills, and practical experience** needed to effectively use the updated Self-Harm Management Toolkit.

Join us for a **fully funded** workshop between **10.00-12.00** on a day that suits you.

Book your place now at mnessexmind.org/letstalkaboutselfharm

For more information and any questions please email SHTKenquiries@mnessexmind.org or call **01206 764 600**

Tues 17th Oct
Colchester Rugby Club

Tues 7th Nov
The Plaza, Great Notley,
Braintree

Wed 22nd Nov
Chelmsford Football Club

Fri 1st Dec
Princes Theatre, Clacton