

FROM FRAGILITY TO STRENGTH

Understanding and Working with Young People who Self Harm

The prevalence of self-harm in young people is a subject we are all concerned with. School administrators, teachers, parents, counsellors and all mental health professionals have a role to play in supporting young people who are depressed, suicidal and disenchanted.

On 2nd December 2023,
Mental Health Foundation, Kolkata (mhfkolkata.com),
is organising a conference to enhance the understanding and skills for all carers and professionals working with young people who are depressed and have exhibited self-harming behaviour.

Do join us for this skill building interactive program, which combines the latest evidence-based research with practical examples on how to enhance resilience and coping skills.

Who can attend ?

Carers, Teachers, School Administrators, Counsellors, Social Workers, Psychologists and Youth Leaders

Date

Time

Venue

02 December, 2023
(SATURDAY)

10 a.m. to 5 p.m.

Hotel Hindustan International
Kolkata

Registration Fees :

Rs. 1500

(Lunch and Tea/Coffee will be provided)

Faculty

Team Members of Mental Health Foundation and our Collaborators

Aim of the Conference

Participants will be able to differentiate between the nuances of self-harming behaviour i.e. suicide attempt against non-suicidal self-injury (NSSI), understand the complex interplay of multitude of factors which predisposes young minds towards depression and self-harm and develop communication skills and clinical skills to enable recovery.

Registration Details

Please transfer Rs. 1500 to the following account

**Mental Health Foundation
Account Number 910020036087817
Axis Bank
IFSC Code UTIB 0000005 (Six Zeroes and 5)**

Email a screenshot of the payment with name, organisation, profession, phone number to trainingsatmhf@gmail.com

A confirmation mail will be sent to you within a week of receipt of the email.

**Payment in cash/cheque with all requisite details can also be made in person during office hours at
Mental Health Foundation,
6, Andul Raj Road, Kolkata
700026**

Phone Number 03346021085