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Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

DELIBERATE SELF HARM WEBINAR

Monday 15 February 2021

13.00 - 14.00

Chaired by Dr Nicola Flower, GP CPD Lead for West Wales

Overview

Supporting those with a history of deliberate self-harm is an important aspect of primary care. Being equipped with the tools to assess and manage deliberate self-harm are critical and enable a sound understanding on which patients require escalation to secondary mental health services for further support and intervention.

At no time has this been more important than in the last 12 months during the COVID-19 pandemic. Increased social isolation and reduced access to mental health care has led to an explosion in mental health crises and subsequently an increase in deliberate self-harm thoughts and acts.

In this interactive webinar we will discuss deliberate self-harm including the prevalence, aetiological factors and management. Furthermore, we will discuss strategies to assess and manage risk in those presenting with ideas or acts of deliberate self-harm. The use of example cases will facilitate further discussion throughout the webinar.

Join us for this webinar to find out more.

Speaker: Dr Ian Collings, Consultant Psychiatrist & Honorary Clinical Senior Lecturer, Swansea Bay UHB; HEIW Medical Deanery Director of Medic Professional Support & Development.

Designed for: GPs. Other allied medical professionals are very welcome to attend.

Format: An interactive presentation followed by the opportunity to direct questions to the expert speaker during the webinar.

To register for this webinar, please visit [Virtual Learning Events | CPD for General Practitioners \(heiw.wales\)](https://www.heiw.wales)

This session will be recorded for quality improvement purposes, but you will be able to disable your camera during the session.

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