

“ **Let’s Talk** ”
...about self-harm

 **Mind**
Mid and North
East Essex

Management Toolkit training workshops



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 to effectively use the updated Self-Harm Management Toolkit.

Join us for a fully funded workshop between 10.00-13.00 on a day that suits you.

For more information:

 SHTKenquiries@mnessexmind.org

 01206 764 600

When?

Thu 26 Sep 24

Thu 3 Oct 24

Thu 17 Oct 24

Fri 18 Oct 24

Where?

Harlow

Basildon

Southend

Clacton

Book your place:

mnessexmind.org/letstalkaboutselfharm