

Dear Parent(s) or Guardian(s),

We are a research team from University College Dublin and Pieta working on a project funded by the Irish National Office of Suicide Prevention. Research has shown an increase in mental health difficulties over the course of the pandemic such as self-harm. As part of this project, we are hosting a series of free webinars for anyone interested in learning more about self-harm in adolescents including parents or guardians. Eventbrite page to book a place or use the QR code below:

<https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587>



Monday November 1st 7pm:

‘Understanding Self-Harm in Adolescents’, a talk from Sinead Raftery and Leigh Kenny (Pieta Therapists) ((If anyone has missed this, links to the recording will be posted at later talks and the recording will be available on the Youth Mental Health Lab UCD website in the next week or two: <https://www.ucd.ie/psychology/research/researchcentresandlaboratories/youthmentalhealthlaboratory/youthmentalhealthlabstories/> .

Monday November 8th 7pm:

‘What is self-harm, why is my child doing it, and what can I do about it?, a talk from Madeline Connolly (Senior Psychiatric Social Worker and Systemic Family Psychotherapist- Lucena Clinic, Child and Adolescent Mental Health Services) and Katie Murphy (Social Worker and Systemic Practitioner, Lucena Clinic)

Tuesday November 16th 7pm:

‘Understanding Self-Harm Through the Medium of Metaphor’, a talk from Dr Colman Noctor (Child and Adolescent Psychotherapist, Author, Broadcaster and Podcaster)

This project is also developing resources for the parents and guardians of young people (ages 10-19) who have engaged in self-harm. Parents and guardians who attend and who have experience supporting an adolescent will also be invited to take part in a survey. The findings of this survey will help organisations to provide useful information for parents in a way that is easy for parents to access. If you are interested in taking part in this survey please follow this link or QR code below: http://ucdpsychology.qualtrics.com/jfe/form/SV_3PgtwSsy7seOHCm).



Thank you,

Professor Eilis Hennessy

Tuismitheoir a chara,

Is foireann taighde muid ó Coláiste Ollscoile, Baile Átha Cliath agus Pieta atá ag obair ar tionscadal maoinithe ag Oifig Náisiúnta na hÉireann um Fhéinmharú a chosc.

Taispeánann taighde méadú deacrachtaí le sláinte meabhrach cosúil le féinchochar le déanaí. Mar chuid den tionscadal seo, tá sraith seimineár gréasáin saor in aisce eagraithe againn do thuismitheoirí agus do mhúinteoirí ar tuiscint féinchochar. Seo é an nasc le chlárú do na himeachtaí: <https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587>



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Beimid ag iarraidh ar thuismitheoirí agus caomhnóirí daoine óige (aois 10-19) a bhí i mbun féinchochar páirt a ghlacadh i suirbhé gairid (20 nóiméad). Beidh torthaí an staidéar fíor tábhachtach mar go gcabhróidh sé le h-eagrais eolas úsáideach a sholáthair chuig thuismitheoirí atá easca do thuismitheoirí teacht air. Seo nasc chuig an staidéar: http://ucdpsychology.qualtrics.com/jfe/form/SV_3PgtwSsy7se0HCm).



Go raibh maith agat,

Ollamh Eilis Hennessy