

# Families Learning About Self Harm (FLASH)

## WHO IS THE PROGRAMME FOR?

Any adult who has shared responsibility for bringing up a child can attend the group including stepparents, grandparents and carers. We welcome parents on their own or with a partner or adult family member.

Please note, this group is not intended for families of young people currently under care of Tier 3 CAMHS. For families currently care coordinated by CAMHS East or West teams, please speak to your keyworker who can discuss other FLASH groups with you.



## WHAT DOES THE PROGRAMME COVER?

This is a 5-week programme which aims to create better communication and personal relationships between parent/carers and young people. FLASH allows parents the opportunity to discuss the self-harm with people who understand and learn how to manage concerns within your home.

It will include:

- Exploring what self-harm is, what the risks are and what is the function of self-harm
- Listening and self-esteem enabling skills
- Managing self-harm within the family environment
- How self-harm impacts on parenting and ways to manage under stressful circumstances
- Coping strategies for parents and carers

## WHEN AND WHERE?

The Horizon Centre, Swingbridge, Bathpool, **Taunton**, TA2 8BY.  
09:30-12:30 on Mondays starting 03.03.25 and running until Mon 31.03.25.

The Balidon Centre, Summerlands, Preston Rd, **Yeovil** BA20 2BX  
09:30-12:30 on Fridays starting 02.05.25 and running (not half-term 30th May) until Fri 06.06.25.

Education Room at Outpatients, Priory Medical Centre,  
Glastonbury Road, **Wells**, BA5 1XL. 09:30-12:30 on Fridays  
starting 06.06.25 and finishing 11.07.25.

Contact us  
for more information



0300 124 5012



camhsspa@somersetft.nhs.uk

**IMPORTANT**  
Due to limited  
availability and  
safety your  
place needs to  
be booked.

We will not be  
able to  
accommodate  
anyone who is  
not pre-  
registered.