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PROFESSIONAL DEVELOPMENT LECTURE

What every school professional needs to know about self-injury

Presented by DR. NANCY HEATH

Ideal for Educators

Increasingly, we are seeing students engaging in **non-suicidal self-injury** (NSSI); cutting, burning, or bruising themselves not with a desire to die but to cope with stress and manage intolerable negative emotions. Is this a fad? Should we ignore it? Or do we aggressively stop it? Schools are struggling to understand and respond to this prevalent, worrying behavior. Educators are often the first ones to know about students' self-injury and have an important role to play in supporting students around NSSI. What is the role of the teacher? What do you need to know? How can you respond appropriately to support the student? Dr. Heath will present essential information, strategies, and resources for understanding, responding, and supporting students who self-injure using a case-based approach. She will address specific challenges schools face (such as the spread of NSSI, social media, and parent involvement) and highlight the importance of the educator's role within the school's response to NSSI.



Dr. Nancy Heath is a professor at McGill University's Department of Educational and Counselling Psychology. She is an internationally recognized leader in the area of self-injury and has worked in collaboration with schools for more than 25 years, enhancing school response to mental health challenges.

9:30 AM - 11:00 AM • 23 FEBRUARY 2019 • FREE

Light refreshments and coffee will be served.

For registration and inquiries, contact caroline.sia@mail.mcgill.ca

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