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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: <https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587> or using the QR code at the bottom of the letter.

Monday November 1st 7pm:

'Understanding Self-Harm in Adolescents', a talk from Sinead Raftery and Leigh Kenny (Pieta Therapists)

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: (http://ucdpsychology.qualtrics.com/jfe/form/SV_3PgtwSsy7se0HCm).

Thank you,

Professor Eilis Hennessy

