



CERTIFICATE COURSE IN SELF- HARM PREVENTION SKILLS

(CSHPS02020)

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The **Certificate Course in Non-Suicidal Self-Injury/Self-Harm Prevention Skills** is a half-day interactive program covering an overview of NSSI, practical skills to support others, promoting suicide-safer communities, and self-care.

This is a **4-hour** program, delivered either as a **single half-day** session or as **two 2-hour** sessions conducted over **two consecutive days**.

What do you learn in this course?

SECTION 1 - Self-Harm/Non-Suicidal Self-Injury (NSSI)

- Overview
- The self-harm cycle
- Forms of self-injury
- Understanding why your loved one cuts or self-harms
- Myths and Facts
- Consequences of cutting and self-harm
- Warning signs that a loved one is cutting or self-harming
- Signs and Symptoms
- Causes
- Risk factors
- Complications



SECTION 2 - NSSI Prevention and Support

- Supporting someone who is self-harming
- When to get emergency help
- Suicide risk
- Prevention
- Tips for talking to someone about self-harm
- Helping someone who cuts or self-harms
- How to support someone's recovery
- Risk Factors and Complications
- Professional treatment for cutting and self-harm
- Treatment
- Lifestyle and home remedies
- Coping and support
- Self-care
- Recovery

Section 3: Helpful Resources and Information

- First Response
- Helpline Number/ Support Group Information

Section 4: References

Methodology

- Discussions, Group activities
- Case Studies
- Activities/Role-play



**LEARN
SKILLS**

SAVE LIVES



This course is not intended for individuals experiencing suicidal thoughts or those sensitive to discussions about suicide. It does not provide training in therapy or counseling and is not a substitute for professional medical advice.

Eligibility Criteria for the course

- This course is intended for anyone interested in mental health and supporting others.
- No prior knowledge of mental health is required.
- Course is delivered in **English Language** only.
- You will need to be at least **18 years old**.
- The course is conducted in small groups to provide individual attention, as the subject is sensitive and intense.

Benefits of the course

- **Certificate of Completion**
- **Knowledge and skills to prevent NSSI** and support family, friends, colleagues, and the wider community.
- **Comprehensive course handout**

**LEARN TO
IDENTIFY
SELF - HARM
SIGNS**





Your commitment

- You are expected to attend all sessions and participate actively in discussions, role plays, and activities.
- Given the sensitive nature of the topic, confidentiality must be maintained at all times, and any personal sharing during the course will be treated with the utmost respect and privacy.
- All participants who complete the course will receive a Certificate of Completion.

Course Fee

Total cost of the course will be Rs. 2,500/- (To be paid in full prior to the course).

Refund: We do not offer refunds after registration.

**AN
INTERACTIVE
SESSION**





Registration Instructions

- Please fill up the application form (on website) completely.
- Proceed with the Payment process
- Kindly share the payment confirmation screenshot on WhatsApp at +91 9880651010.

About MHAI

At Mental Health Academy India (MHAI), we are dedicated to promoting mental well-being through a comprehensive ecosystem of support. Our offerings include awareness programs, training sessions, workshops, counseling, nature/eco therapy, music therapy, healing retreats, and holistic wellness services— each thoughtfully designed to support individuals in nurturing their mental and emotional well-being as part of a holistic approach to health.

Our mission extends beyond services. We are deeply committed to breaking the stigma surrounding mental health and cultivating a culture of openness, healing, and resilience.

We strive to make our knowledge and services accessible not only in cities but also in rural communities at the grassroots level, ensuring that support is available and inclusive for all—regardless of geography.





Services offered at MHAI

- **Diploma** in *Mental Health and Counselling Skills*
- **Certificate** Course in *Suicide Prevention Skills*
- **Certificate** Course in *Non-Suicidal Self-Injury Prevention Skills*
- **Certificate Course** in *Life Skills* (For Kids and Adults)
- **Diploma** in *Life Skills*
- Mental Health **Awareness Program**, Workshops
- **Counselling** and **Mentoring** Services
- **Support Group** Meet (Online and In-person)
- **Human Books** (Online and In-person)
- **Ecotherapy, Shinrin Yoku (Forest Bathing)**
- **Workshops** on topics related to Mental Health, Life Skills, Human Behaviour
- **Internships** for students
- **Holistic Health Rural Training program** in collaboration with *Mental Strides, Australia*
- **Harmony - The Journey Within** - Outdoor Workshop/Retreat
- **Kaadu Harate** - Outdoor Workshop
- **Author's Program** (Book Writing)
- **The Sound Mind** - An Immersive Journey Through Art and Nature
- **Mann-Thann** - Discover yourself differently

Check out our website www.mhai.in and join us on

- **LinkedIn (Ranjitha Raj):** <https://www.linkedin.com/in/ranjitha-raj-mentalhealthcoach/>
- **Facebook:** <https://www.facebook.com/mhaiorganization/>
- **LinkedIn (MHAI Page):** <https://www.linkedin.com/company/mental-health-academy-india/>
- **Instagram:** <https://www.instagram.com/mentalhealthacademyindia/>
- **YouTube:** <https://www.youtube.com/channel/UC5Hbvq4Q1Xsb7EASu1-ZglA>

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