

Mountain Resource Center Presents



The Silent Epidemic

Inside the world of self-harm

Middle and high school often bring about personal struggles and feelings of being overwhelmed. Some teens hurt themselves in the process, as a way of trying to cope. This does not need to be a forbidden subject.

This workshop on Self-harm will cover...

- Statistics and definitions
- Different types of self-injury
- Reasons why individuals harm themselves
- Warning signs/Red flags
- How to provide support
- When self-harm has “gone too far” and how to get help
- Preventative measures
- Resources

Please join us for this FREE workshop on an important topic that affects us all.

Tuesday, April 21, 2015

Conifer High School Library Conference Room

6:30 p.m. – 7:30 p.m.

For more information contact

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