



Suicide & Self Harm

Facilitator(s):	Melissa Prins
Date:	October 25, 2023
Time:	4:00 pm – 6:00 pm
Cost:	
Location:	Virtual
Type:	Webinar
Session Code:	24-MH-010-CARC

Target Audience

All educators

About this Learning Opportunity

This course will guide adults to support children, adolescents, students, or any other youth in their lives around suicide and self-harm. Learn about common risk factors, signs of suicide, the difference between suicide and self-harm, what to do if a youth expresses suicidal ideation, and resources in the community.

About the Facilitator(s)

Melissa Prins

I obtained my Master of Science in Marital and Family Therapy from Loma Linda University in 2008. I have been a Registered Psychologist since 2014. I have worked with a wide range of clients and presenting concerns throughout my career. I am passionate about working with couples and families, as well as adolescents. I also enjoy facilitating group therapy. My interests and experience are in the areas of trauma, parent-child attachment, grief and loss, and mental health concerns such as depression and anxiety. I use a trauma focused, narrative approach in my work. I am honored to be able to sit with my clients in their pain, witness their stories, and work collaboratively to support them to find a sense of hope, safety, and integration. I believe a therapeutic relationship based on acceptance, genuineness, safety, and collaboration can support people on their healing journey. In my spare time I enjoy running, traveling, reading, and spending time with family and friends.

This learning opportunity is being subsidized through funding from Alberta Education.