



SCHOOL COUNSELORS CONNECT

Join Us
for a Morning of Learning and Networking

Self-Harm & Behavioral Concerns in Schools: Screening, Intervention & Referral

School counselors are often the first to notice when a student is struggling, and the first adult a student turns to for help.

This practical, evidence-based workshop focuses on how to respond in the moment: what to say, what to look for, and how to make sound decisions when students present with self-harm, emotional distress, or behavioral concerns.

The session is built around real-world scenarios, practical tools, and approaches that can be used immediately in a school setting.

LEARNING OBJECTIVES:

- Recognize and screen the most common mental health and behavioral presentations in school-age students using brief, validated tools
- Open and conduct an initial self-harm and suicide-risk conversation with confidence, using direct, evidence-based language
- Apply several brief, school-appropriate interventions, including collaborative safety planning
- Distinguish between support at school, referral to outside care, and urgent escalation and act on each

DATE & TIME:

Thurs. 1st October, 2026
8.30am - 10am

LOCATION:

The LightHouse Arabia
821 Al Wasl Rd., Al Safa 2, Dubai

SUITABLE FOR:

School Counselors

**Pre-registration is required.*

FACILITATED BY:



Dr. Saliha Afridi, PsyD (US)
Clinical Psychologist
FOUNDER & CHAIRWOMAN

