

Understanding Self Harm



Overall aim of the programme

This creative programme is designed to support young women to gain a broad understanding of the terms “Self Harm” and “Self Injury” and to help them to understand why it is used as a coping strategy for many young people. We aim to explore the common risk factors linked to self harm, consider how the level of harm can be reduced and encourage positive coping strategies as well as promoting local services and professionals who can support young people.

Target group: Vulnerable young women aged 13 - 25

Delivered by: 2 experienced Them Wifies facilitators

Workshop One - Introduction & Understanding Self Harm

Aims

- To carry out introductions and establish a group agreement
- To take part in ice breakers and warm up's
- To understand the term “Self Harm”
- To explore the facts and fiction about self-harm

Workshop Two - Risk Factors & Increasing Empathy

Aims

- To investigate the difference between self injury and self harm
- To identifying common risk factors linked to self harm
- To understand why people self-harm, using case studies to develop empathy

Workshop Three - Harm Reduction

Aims

- To understand the term “Harm Reduction”
- To identify ways of reducing harm
- To identify and explore alternative ways of dealing with feelings

Workshop Four - Services and Professionals

Aims

- To Identify services available to support young people who self harm
- To explore and problem solve barriers to services
- To explore working with professionals using role play

Benefits to Young People

They will have greater awareness of how to:

- Express overwhelming feelings safely
- Externalise inner distress
- Communicate and share feelings and experiences
- Distract from negative feelings when needed
- Exploring feelings, thoughts, relationships
- Value self and support self

Quote from participant

“ I found new ways to cope with my feelings and had a laugh.”

Cost: £700 or £900 (including evaluation)

*Each session is 2 hours in length. A core group of 10 young women will take part in each session.

Contact Maria Lavelle on **0191 2619923** or email maria.lavelle@themwifies.org.uk

We're always happy to discuss the difference we can make.

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