

# Self-harm Network Scotland



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[Self-Harm Network Scotland](https://www.facebook.com/Self-Harm-Network-Scotland)

# Why are we here?

- Penumbra is a pioneering mental health charity that has supported people who self-harm for over 25 years
- In 2021 we applied to the Scottish Governments recovery and renewal fund to further develop our work
- Working with the Scottish Government team we launched Self-Harm Network Scotland at the end of 2022. These are pilot services which will contribute to the Scottish Governments Self-Harm Strategy.

## Our Aims

- To provide a compassionate and freely accessible support services to people who self-harm, embedding the principles of peer support and 'time, space, compassion'
- To provide relevant resources, information and tools to professionals, loved ones and supported people to enable recovery and improved response to self-harm
- To embed and advocate for lived experience at all levels of the service and the strategy

# Training

We offer free self-harm awareness training to professionals across Scotland, both online and in person. Sessions can be delivered for:

- 1-Hour:
  1. What is self-harm?
  2. Who self-harms?
  3. How do people self-harm?
  4. How can we support someone who self-harms?
- 3-Hours:
  5. Underlying causes of self-harm
  6. Functions of self-harm
  7. Practical guidance in supporting people who self-harm
- Full Day:
  8. Definitions and prevalence of self-harm
  9. Our response to self-harm
  10. Practitioner and Organisational needs

“  
it was so informative and should be available to every one as it gives a better understanding on self harm.  
”

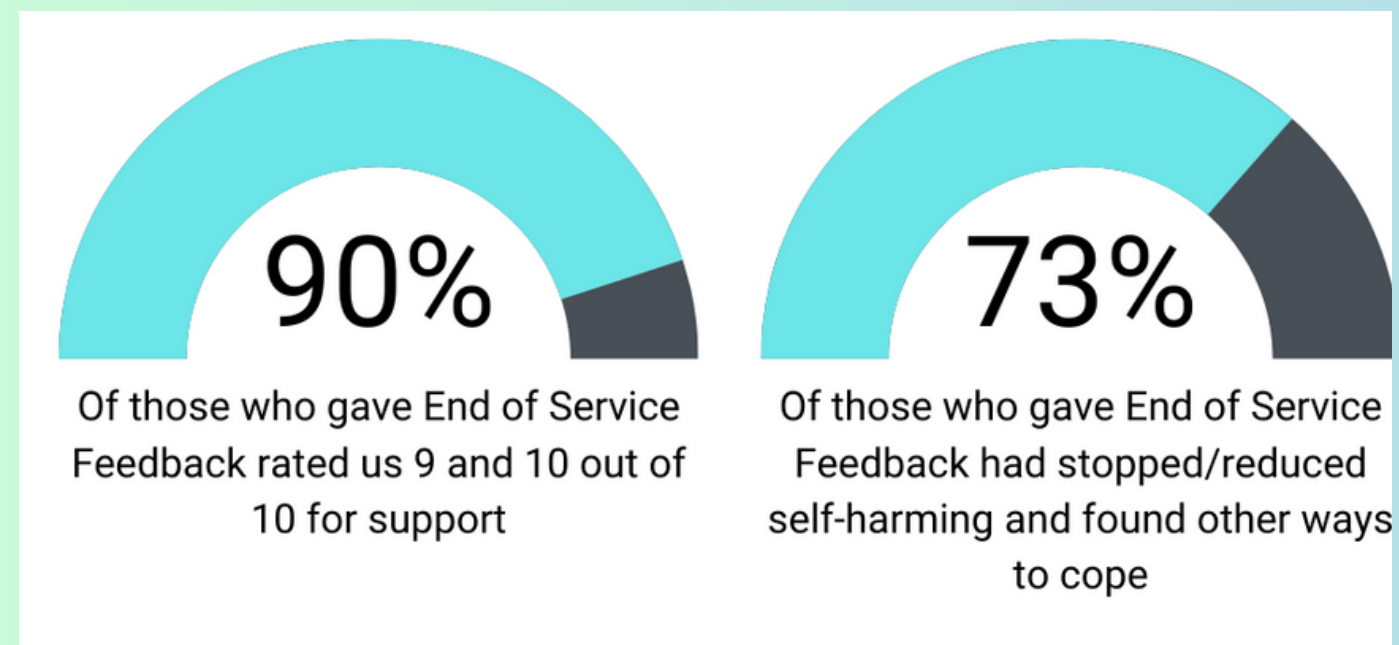
“  
Feel so much more confident & now understand self harm, also loved how it explained other forms of self harm that are maybe just more socially acceptable.  
”

# Services - Locality Support

We have 3 Locality Services delivering in-person 1:1 support in the following areas in Scotland:

- Dundee: Working with young people aged 12-18
- Glasgow: Working with people 16+
- Highlands & Islands: Working with people 16+

We offer flexible, person centred support which can be delivered in 1:1 sessions with one of our peer practitioners. We also engage with local communities to provide information, access to support and community engagement opportunities.

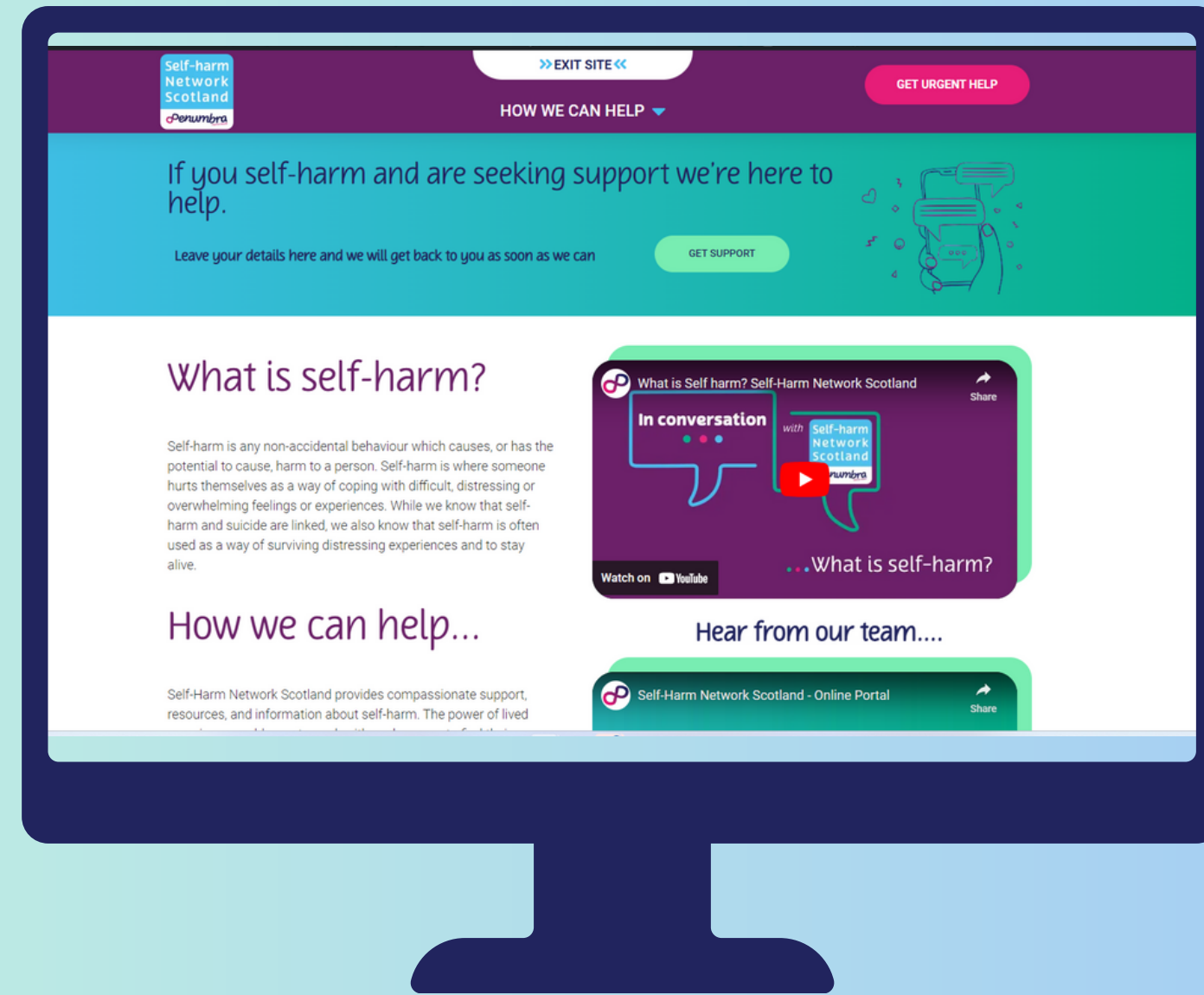


2023-24 Q1 Report

“  
You've brought some blue sky into my life again when all I saw at the beginning was black clouds. I will always remember how much of an impact you've made on my life  
”

Supported Person

# Online Portal



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