

Loved Ones Self-Harm Support Group

**Do you know someone who is
self-harming?**

They could be a child, a family member or a friend.

We are running small groups for loved ones of people who self-harm to provide information and a safe space to get support for your experiences. The groups will run in blocks of 4, and the outline of each session is listed below:

Session 1

- Information on what self-harm is, why people self-harm, and how to start the conversation about self-harm.

Session 2:

- How to support someone who is self-harming, harm minimisation, and strategies for support.

Session 3:

- Resources for support, looking after yourself, and how to manage negative feelings.

Session 4:

- 4 weeks after the third session, the group will be invited to attend a follow-up session to discuss their learning and experience of the group.

Please email

SHNStraining@penumbra.org.uk

for any queries.



Loved Ones Self-Harm Support Group

We will be running blocks of small group support for loved ones throughout the year. Please be aware that these sessions are part of a 4 week block of group support and are not drop in sessions. If you are interested in coming along, we would ask that you are able to commit to attending all 4 sessions in a block. This will be beneficial for your learning, as well as for the dynamics of the groups. Please see below for information on our currently available dates:

April 2024 - Delivered on Zoom

Session 1 - 15th April, 7pm - 8.30pm
Session 2 - 22nd April, 7pm - 8.30pm
Session 3 - 29th April, 7pm - 8.30pm
Session 4 - 3rd June, 7pm - 8.30pm

May 2024 - Delivered on Zoom

Session 1 - 6th May, 7pm - 8.30pm
Session 2 - 13th May, 7pm - 8.30pm
Session 3 - 20th May, 7pm - 8.30pm
Session 4 - 17th June, 7pm - 8.30pm

June 2024 - Delivered on Zoom

Session 1 - 11th June, 7pm - 8.30pm
Session 2 - 18th June, 7pm - 8.30pm
Session 3 - 24th June, 7pm - 8.30pm
Session 4 - 23rd July, 7pm - 8.30pm

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to book a space on any of these group

