



SELF HARM PEER SUPPORT GROUP FAQ'S

Referrers FAQ's

What is the group?

Research shows that Self Harm Peer Support Groups are effective in helping young people who self harm to become motivated and able to stop self harming. The WISH Centre are a Tier 2.5 service who have been running these groups for over 14 years, and were recommended as a Model of Best Practice by the National Inquiry into Self harm (2006).

The groups are confidential except where there is a serious risk of harm to self or others, and maintain a pro-recovery focus and keep conversations supportive by following a set of ground rules. The groups have an informal atmosphere and are an opportunity to meet other young people with similar experiences and be motivated to stop self harming.

The group sessions have been designed to support young people to think about making changes in their lives. The sessions talk about self harming habits and their relationship to self harm explicitly and help them develop motivation and skills to stop. Self harming is often a negative coping strategy to manage difficult psychological challenges and life experiences, so the group also focuses on these including low self esteem, anxiety, depression, disordered eating, risky sexual behaviour, substance misuse, staying safe digitally and healthy relationships.

When is it?

The group name takes place at Fitzrovia Youth in Action in Warren Street from 4.30pm-6.30pm every Thursday. The group will have a maximum of 12 members at any given time.

How much does the service cost?

The group is funded by Camden Council and is free of charge to anyone accessing the service.

Who can attend the group?

Young women and female to male transgender aged 13-17 years who self harm living in or at school in Camden. The group is not suitable for individuals experiencing more severe self harming or suicidal ideation and are not a substitute for clinical treatment. We strongly encourage young people in the group to be engaged with a mental health professional.



Who runs the group?

The group is run by a qualified practitioner and facilitators who hold an enhanced DBS check and practice according to BACP ethics guidelines.

What are the rules?

The rules are set and agreed upon by members of the group but always include that there is no self harm allowed during group; no sharing information outside of group; and being respectful of each other. Group members will understand when confidentiality will be broken and why and safeguarding is a priority focus with established procedures.

Will the group encourage the young person to self-harm more?

One of the rules of group is that no self harm is allowed while at group. We work with group members to motivate them to want to stop self harming and to develop coping mechanisms that can be used instead of self harm. We do not encourage explorations of methods of self harm and instead focus on what is driving the behaviour and how to gain mastery over the self harm.

How do I refer a young person to the Self Harm Peer Support Group?

You can make a referral through our online referral form here
<https://thewishcentre.org.uk/forms/camden/>

We will contact you within 5 working days to either find out more or confirm a start date.

What happens after I refer?

The groups are confidential but we will share information on attendance and speak to you about any safeguarding concerns. When the young person leaves the group we will, with their permission, share with you the outcomes of their improvement journey which we assess with them every 4-6 weeks with an evidenced based tool.