



SELF HARM PEER SUPPORT GROUP FAQ'S

Young People

What is the group and when is it?

This is a peer support group for young people who self-harm. The aim is to support you with the reasons why you self harm and your need to do it and help you get to a place where you want to stop and are able to. Members of the group also help each other confidentially with anything they feel like discussing during sessions with a member of staff nearby. There will be a range of activities and you will definitely leave each week feeling better than when you came!

Here is a basic layout of how the sessions run:

- Group facilitators open the session with a check in where everyone says one good thing and one bad thing from their week, if they are comfortable to do so. They will talk through the rules of the group and explain what will happen in the session
- The peer support session is a chance to have conversations in pairs or smaller groups
- After a break, there will be a group session on a range of topics which include understanding how self harm works individually and how to gain mastery of it; managing relationships around self harm and tackling the reasons why its happening; improving self care and self esteem; ways to replace self harm; staying safe and avoiding risky behaviour including digitally; developing communication skills and personal empowerment
- The sessions will be a mix of talking and doing and sometimes there will be creative activities and projects such as film making, spoken word, self defence, yoga etc
- The group ends with a short relaxation exercise and setting goals and support for the week

In between group sessions there is a closed Whats App group to keep in touch during the week so you have support when you need it most.

The group takes place at Fitzrovia Youth in Action in Warren Street from 4.30pm-6.30pm every Thursday. Snacks will be provided.

Is it confidential?

Yes, the group is confidential. The only time confidentiality will be broken is if there is a serious concern for a member's safety. We will explain this to you fully when you start. It is also a rule of group that members do not share information outside of group sessions.

How do I join the group?

You can self-refer on our website here <https://thewishcentre.org.uk/forms/camden/>

You can also be referred by a number of different organisations, such as school, a counsellor or social worker, your doctor or family member or carer.



Who else will be there?

Group is attended by a variety of young people aged 13-17 from a range of different backgrounds, ethnic groups and gender expressions. Everyone in the group was assigned “female” at birth but those who identify as trans guys, non-binary or genderqueer etc are welcome. Everyone in group either self harms or is in recovery from self harm.

We arrange it so that we never to have two people from the same year group at the same school in group at the same time for safety and confidentiality.

How long do I have to attend group for?

There is no time that anyone has to attend group for. You can come for as long or little as you feel you need to. We do request regular attendance to keep your place in the group and to maintain the peer relationships you make.

What happens after I leave the group?

During your time in the group we will be working with you to map out any improvements in how you are feeling or behaving, and will always share this with you so you can see what further support you may need. With your permission we will share these outcomes when you leave with the person who referred you, or anyone else you may want us to such as a family member, school, GP etc.

You will also be invited to be part of a group of ex members who meet less frequently but stay in touch online for ongoing support.