

Self-Harm Awareness Raising and Training Sessions

We provide self-harm awareness raising and training sessions to professionals, including volunteers. Please contact the service for more information about these sessions.

Quotes from Awareness Raising Sessions:

"The session was really informative and I feel I can use what I have learned in my everyday work."

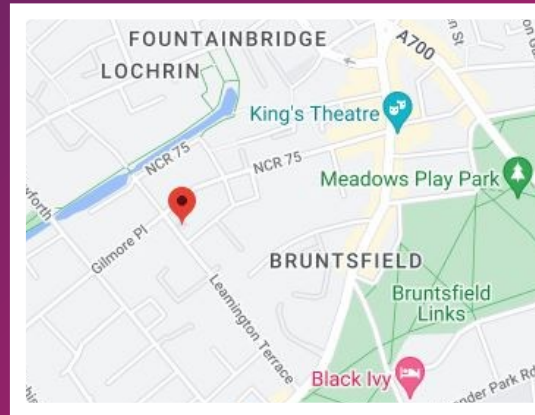
"Got a lot out of the session, great information, time for questions and feel a lot more confident. Thank you."

"Presenter was excellent, and her lived experience of self harm deepened the impact of what she was talking about."

Finding Us:

We offer 1:1 support in person at the location below:

5 Leamington Terrace.



"I have learned so much about myself through my time with Penumbra and I am proud of the progress I have made with their support."

Penumbra
5 Leamington Terrace
Edinburgh
EH10 4JW

Edinburgh Self-Harm Support Service



About the Service

Penumbra is a leading Scottish organisation working in the field of mental health. We provide an extensive range of person-centred support services for adults and young people.

We also campaign to raise awareness of mental health issues and reduce the social stigma attached to them.

What can I Expect?

- Be listened to and not judged;
- Be treated with respect;
- Be given the time and space to discuss issues at their own pace;
- Receive support to explore skill development;
- Explore tools to support you to self manage.

Parent/ Carer/Friend information and support

We offer one off meetings for people impacted by a loved one who self-harms. The focus is to gain a better understanding of self harm, and to provide guidance, tips, and advice on how to support them.

Thrive Connect Partnership

Working together to provide you with the right support at the right time.



WHAT WE OFFER

One to one support for aged 16+ years

We offer 12 weekly one hour sessions of one-to-one support, face-to-face or online/over the phone. Support is provided in a safe and confidential environment.

Referrals

Referrals can be made by a third party including a GP or other professionals. Alternatively you can self-refer or a family/friend can make the referral. To make a referral please download a copy here:

<https://www.penumbra.org.uk/services/edinburgh-trauma-informed-self-harm-support-service/>

e-mail to:

localityteam.edinburgh@penumbra.org.uk

Alternatively you can request a referral form by contacting the service on the number overleaf or by email.

Skin Camouflage Service

We offer a Skin Camouflage Service for people living with scarring that affects their confidence. Specialist camouflage products can offer a way to cope and our service helps people to gain self-confidence and independence.

We aim to provide people who self-harm and/or experience suicidal ideation with a safe and non-judgemental environment in which they can explore their feelings and worries in confidence.

"I am so grateful for the support I have received at Penumbra. It has helped me learn how to understand how I feel and how to manage my emotions."

"It's allowed for [my child] and I to feel much more in control just now."

If you are aged 16+ years and would like to discuss self-harm or suicide in a confidential and non-judgemental environment, contact the Edinburgh Self-Harm Support Service.