



Your journey. Your way.

Parent/Carer/Friend Self-Harm Support Group

Do you know someone who is self-harming? It could be a friend, child, or another family member.

We are running small groups throughout 2024 to provide information and a safe space for people supporting someone who self-harms.

The programme for each group:

- Session 1: Information on what self-harm is, who self-harms, why people self-harm, and how to support someone.
- Session 2: How to support someone continued, communication, harm reduction and strategies for support.
- Session 3: Resources, looking after yourself, and how to manage feelings of guilt and shame.
- Session 4: 5 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.

These sessions are for those aged 18+ years old and living in Edinburgh.

Please turn over for available dates in 2024 and email

Localityteam.edinburgh@penumbra.org.uk or scan here to book on.



February 2024

Session 1 In-Person
Tuesday 13th February
18:30-20:15

Session 2 In-Person
Tuesday 20th February
18:30-20:15

Session 3 In-Person
Tuesday 27th February
18:30-20:15

February Group Session 4 Follow-up Online
Tuesday 2nd April 18:30-19:45

June 2024

Session 1 In-Person
Tuesday 18th June
18:30-20:15

Session 2 In-Person
Tuesday 25th June
18:30-20:15

Session 3 In-Person
Tuesday 2nd July
18:30-20:15

June Group Session 4 Follow-up Online
Tuesday 6th August 18:30-19:45

October 2024

Session 1 In-person
Tuesday 8th October
18:30-20:15

Session 2 In-Person
Tuesday 15th October
18:30-20:15

Session 3 In-Person
Tuesday 22nd October
18:30-20:15

October Group Session 4 Follow-up Online
Tuesday 3rd December 18:30-19:45

In-person sessions will take place at 5 Leamington Terrace, Edinburgh, EH10 4JW