

Penumbra
Mental Health

Your journey. Your way.

**Edinburgh Self-Harm Support
Service**



Introduction



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What We Do

One-to-one support

Self-Harm and
Recovery Engagement
Sessions (SHARE)

Training and
awareness-raising

Groups

One-to-one support

Up to 12
one-hour
long support
sessions

In person,
by phone or
by video call

Ages 16 to 65

Trauma
informed

Strengths-
based
approach

Self-Harm and Recovery Engagement Sessions (SHARE)

Individual one-off sessions for people who know someone that self-harms

Gain a better understanding of self-harm

Share concerns

Discuss different ways to support someone

Groups

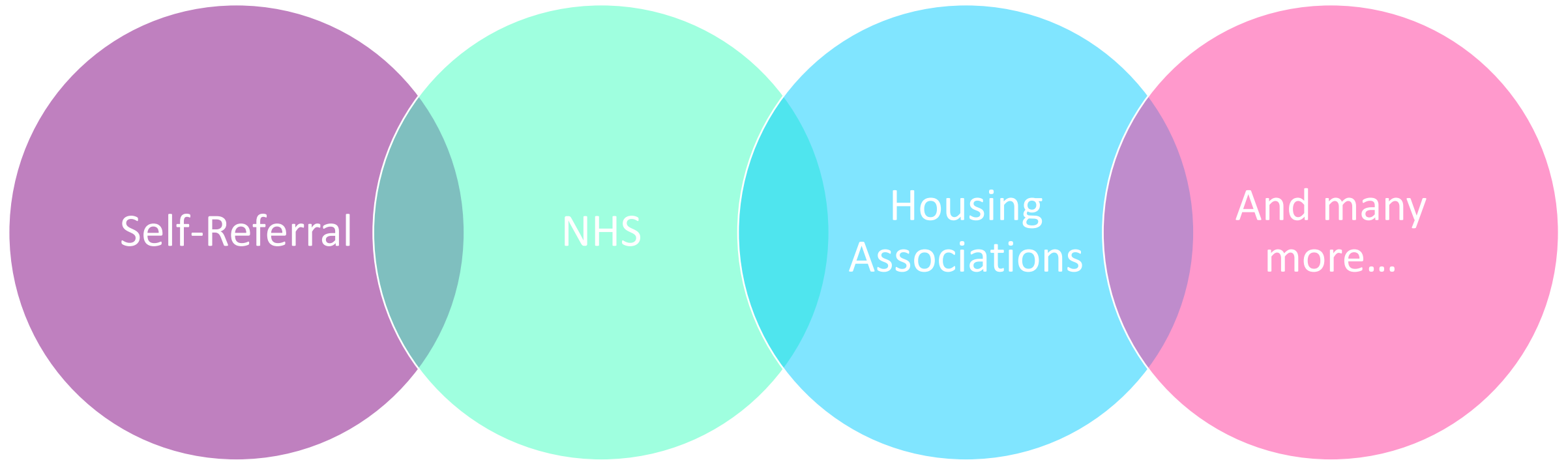
We offer groups focussing on using creativity and community to aid in group members' recovery.

These include:

“Creating Keepsakes” where we explore Decider Skills in a creative way;
and a writing group, offered in conjunction with the bipolar service.



Referral Sources...



How to make a referral

A referral form for our service can be downloaded here:

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

localityteam.edinburgh@penumbra.org.uk

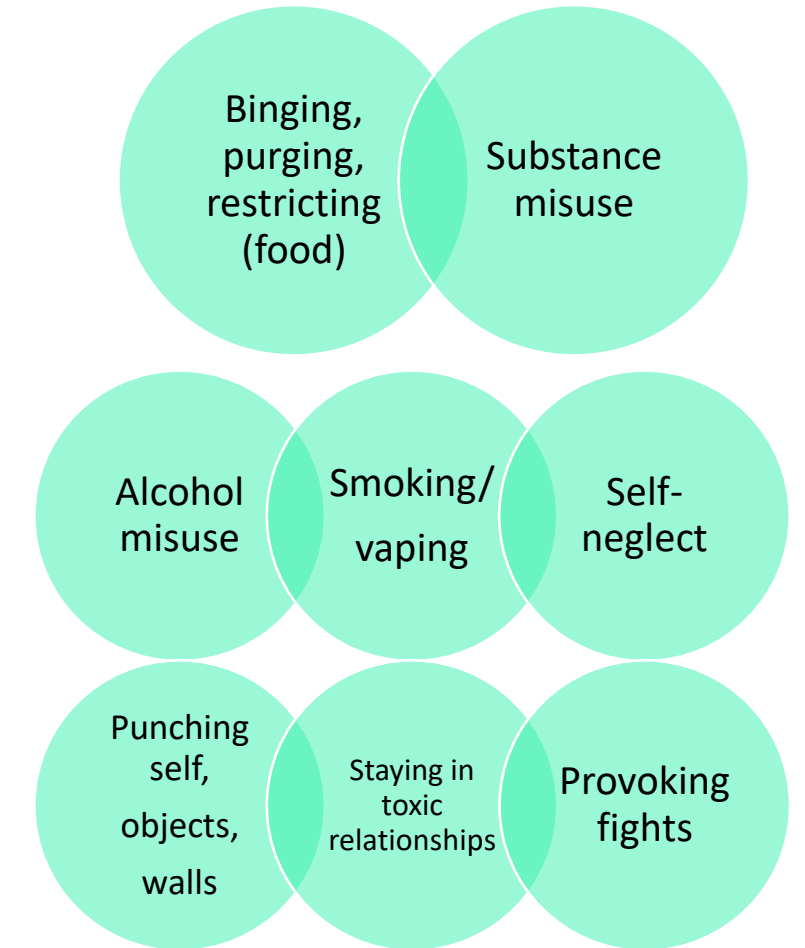
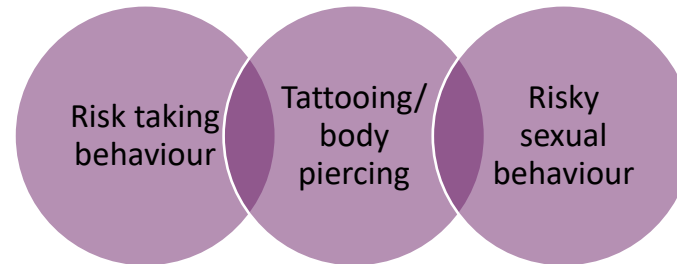
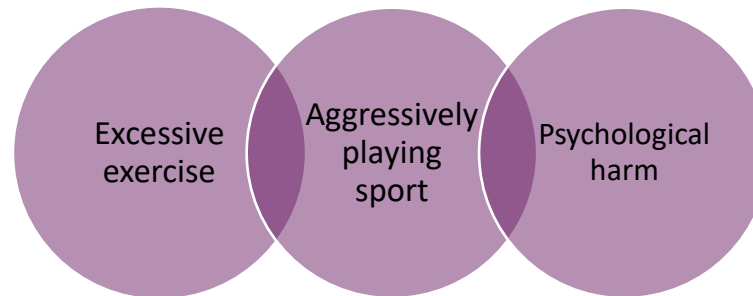
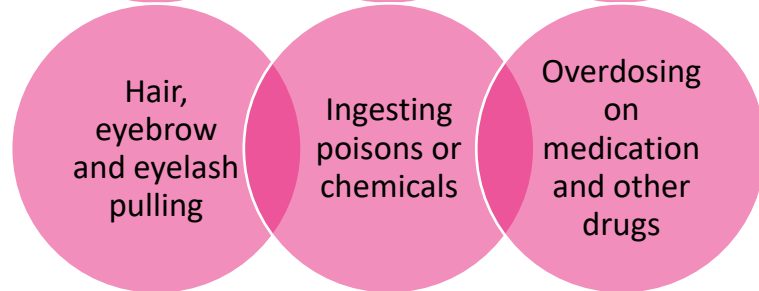
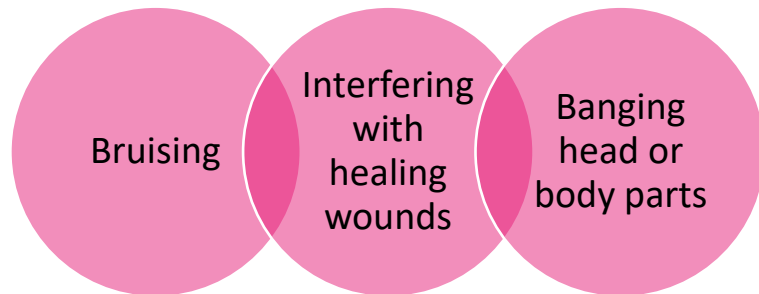
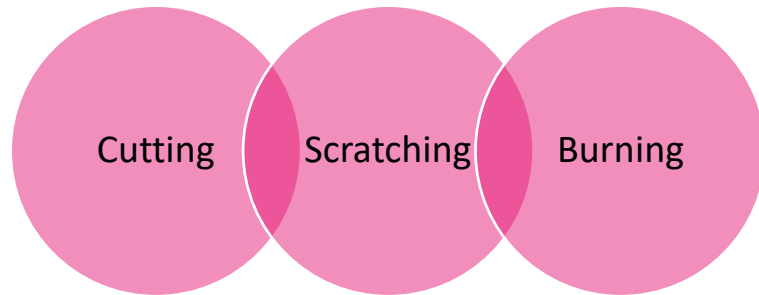


Testimonials

“It’s allowed for [my child] and I to feel much more in control just now”

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

Range of Self-Harm Behaviours



Distinction between suicide and self-harm...

“Self-harm is viewed not as a suicidal gesture, but rather, as an attempt to preserve life and contain unbearable states of minds.”

Motz, A. (2010). Self-harm as a sign of hope. Psychoanalytic psychotherapy, 24(2), 81-92.



Harm Minimisation

Removing Harm

- **Preventing them from self-harming**
 - Removes agency
 - Increases desperation
 - Increases risk of engaging in forms of self harming they are not used to
 - Increases distrust in the relationship

Reducing Harm

- **Supporting them to self-harm as safely as possible**
 - More person-centred
 - Increases in confidence
 - In time, increase the window of tolerance, to reduce the need for coping strategies

Communication

Painting, journalling, poetry, creative writing – express yourself in a way that feels comfortable to you.

Sing, dance, listen to music, play an instrument, act out how you are feeling.

Reach out to a trusted person or support agency in a way that you feel comfortable doing so.

Draw on your skin with coloured pens.

Write letters to people without sending/posting them.



Emotional regulation/ Release of feelings

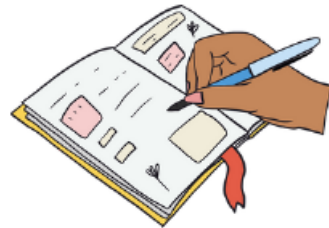
Express your emotions -
Scream as loudly as you can,
Cry or laugh.

Write down how you are feeling
and then rip the paper up.

Physical exercises – Walking,
running, hitting/kicking a ball
against a wall.

Having a pillow fight with a
sofa/wall.

Going to rage rooms/axe
throwing etc.



Control

Write a list of things you are
worried about happening and
what you will do if these things do
happen.

Re-arrange furniture or
work/study space.

Scrub/clean – doors, skirtings
etc.

Reason with yourself – e.g. a
pros and cons list of self-
harming.

Create a to-do list.



Self-Punishment

Waxing arms/legs.

Using ice cubes (with or without
food colouring).

Eat your least favourite
vegetable.

Snap a rubber band or hair tie
against your skin.

Try out our Talking Heads tool.



Cleansing

Have a warm shower or bath.

Try exfoliating body wash or sponge/glove.

Follow guided meditations.

Try visualisation techniques.

Journal your thoughts/feelings from the day.



Comfort and Nurture

Create a self-care box and fill it with what makes sense to you.

Try some gardening.

Do something nice for someone else.

Try weighted blankets.

Massage your hands and feet.



Distraction

Watch a movie, tv show or online video.

Learn a new hobby or join a club.

Cook/bake something.

Complete household chores.



Count whatever is around you – ceiling tiles, patterns etc.

Play a game/browse the web.

Feeling Real or alive

Try grounding techniques.

Eat something sour or spicy.

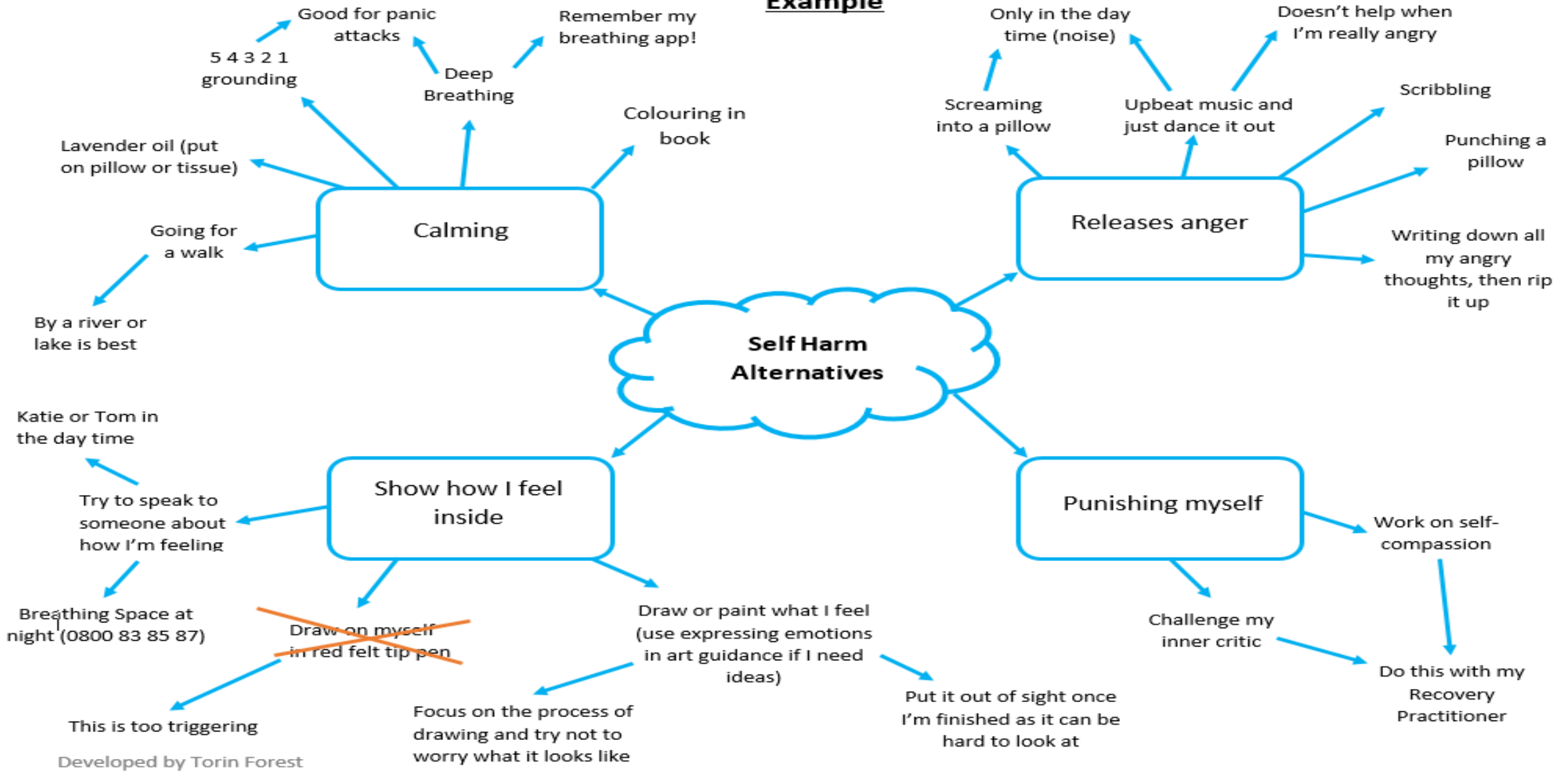
Try breathing exercises or blowing bubbles.

Spend time in nature or with loved ones.

Smell something with a strong odour.



Example



Phone Apps



Mindfulness & meditation
(created by Neuroscientists)



Calm Harm
- help to manage urges

I am

I am
- daily affirmations

tellmi

Tellmi
- peer support app



My Possible Self
- CBT tool



The hopeful
- journalling

STOPP

STOPP
- distress intervention app



Choices Pro
- decision making



ThinkUp
- daily affirmations

Wellbeing Box

My Wellbeing Box

<u>Sight</u>	<u>Taste</u>	<u>Smell</u>	<u>Touch</u>	<u>Sound</u>
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People I can call:

Name: _____
 Number: _____
 Notes: _____

Name: _____
 Number: _____
 Notes: _____

Name: _____
 Number: _____
 Notes: _____

Things to keep in my wellbeing box:

Enjoyable/distracting activities:

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
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What I will do if I feel like I can't keep myself safe:



- Collect resources
- Contain tools
- Redirect