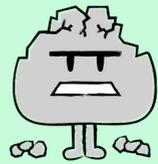


# NEW SUPPORT IN SUFFOLK FOR YOUNG PEOPLE WHO SELF-HARM



**Are you self-harming? Do you have thoughts about self-harm?**

There is now new support being offered to young people in Suffolk, age 11 to 18, who self-harm and arrive at Ipswich hospital A + E with self-harm injuries.

**You will get 10 sessions of support, which will cover:**

- 1. Getting to know you**
- 2. Exploring your thoughts and feelings**
- 3. Exploring our emotional needs - the things that we need to feel enough of to stay well**
- 4. Identifying what emotional wellbeing support would help you to feel better**
- 5. How we experience, manage, and express big feelings**
- 6. How we should respond, understand, and deal with difficult emotions**

**The other sessions will look at:**

- 7. How well the advice and techniques that we have shown you has helped**
- 8. An Action Plan**
- 9. A Safety Plan**
- 10. How your family and those around you can support you**

YOU WILL RECEIVE A  
PERSONAL PROGRAMME OF  
SUPPORT TO HELP MANAGE  
YOUR SELF-HARM.



Service provided by:



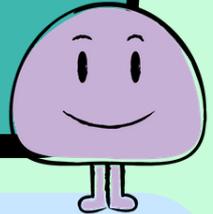
**Norfolk and Suffolk**  
NHS Foundation Trust

# WHAT ARE THE BENEFITS FOR YOU?

**The Self-harm Pilot Programme will help you to:**

- **Understand and reduce your self-harm**
- **Recognise how you're feeling and learn ways to manage these feelings**
- **Talk to others and seek support**

**You will also help improve services for other young people.**

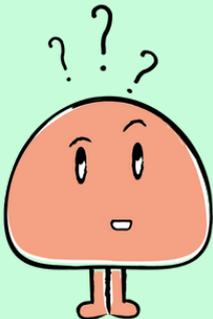


**Each session will be 30 to 60 minutes long depending on what suits you!**

**You agree when and how often you have the sessions.**

**The sessions will mostly be hosted virtually, using your laptop or mobile phone.**

**If this doesn't work for you, we can arrange to meet you in a safe place, at a venue near you.**



**Do my parents/carers have to be involved?**

**No, but self-harm can have risks to your safety and wellbeing so ideally we would like to work with you and your parents/carers/trusted adults to offer you the best support we can.**

**How do I find out more?**

To answer any questions you have about how we can help you, drop us an email at: [SHEASTPLT@nsft.nhs.uk](mailto:SHEASTPLT@nsft.nhs.uk)