

Self Harm Awareness Raising and Training Sessions

We provide self harm awareness raising and training sessions to professionals, including volunteers. Sessions are available via zoom as well as limited face to face sessions. Please contact the project for more information about these sessions.

Quote 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.”

Edinburgh Self Harm Project
Penumbra
5 Leamington Terrace
Edinburgh
EH10 4JW
T: 0131 229 6262
E: localityteam.edinburgh@penumbra.org.uk

Penumbra, Head Office: Norton Park, 5
7 Albion Road, Edinburgh, EH7 5QY
T: 0131 475 2380 | F: 0131 475 2391
E: enquiries@penumbra.org.uk

Penumbra is a charity (SC 010387) and a company limited by guarantee (SC 091542) registered in Scotland

penumbra
your way to a brighter future

**Self Harm, Trauma
informed support.**

Thrive Connect Partnership

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



www.penumbra.org.uk

EDINBURGH
THE CITY OF EDINBURGH COUNCIL

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.

EDINBURGH SELF HARM TRAUMA INFORMED SERVICE

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

WHAT WE OFFER:

Referrals

Referrals are accepted from any source i.e. self, GP, family, mental health worker or any other professional. A referral is made by filling out our referral form which is available on request at: localityteam.edinburgh@penumbra.org.uk

Once a referral has been made, a member of staff will contact you to arrange an appointment for an assessment. The Project aims to make these appointments as soon as possible, although at times there is a waiting list. In this case you would be contacted to inform you of an estimated waiting time.

Assessment

An assessment is an initial meeting to exchange more detailed information and decide which of the Project's staff would be best suited to provide one to one support. This appointment usually lasts between 60 to 90 minutes.

One to one support

We offer a flexible service that generally consists of one weekly session lasting an hour. This support can be increased or decreased to suit the person's needs. Support is provided in a safe and confidential environment. Support is available for 12 weeks.

People using the service can expect to:

- 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

***Quote:** "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."*

Parent/ Carer support.

We offer one off meetings for people supporting 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 a loved one. But mostly to have a listening space for you.

Peer Support

The peer support approach is based on the principle that having had significant challenges in their own lives, Peer Workers are uniquely qualified to help others. Peer Workers provide one to one support, group activities, training and awareness raising events.

***Quote:** "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."*

Skin Camouflage Service

While on hold due to covid restrictions we hope to begin offering these clinics soon. We offer a Skin Camouflage Service, for people living with scarring that affects their confidence, specialist camouflage products can offer a way to cope. Our service helps people to gain self-confidence and independence.

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