Penumbra Mental Health

Your journey. Your way.

Need urgent support?

Samaritans 116 123
Breathing Space 0800 83 85 87
NHS24 111

We are Penumbra Mental Health,

a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health.

From being there for people in crisis to suicide prevention, supported living to self-harm management and peer support, we are with those we support every step of their journey to a better place.

People's experiences are at the centre of everything that we do. We champion peer workers; they know that recovery is possible, because they've been there too.

Of course, everyone's journey is different, so we work with people to identify, believe in, and reach their goals, whatever they may be.

Often, it's about hope, but we know that's not always easy for people to hold on to.

And so, when times are tough, we hold it for people, keeping it safe - just until the time is right. You see, Penumbra has always been about people; listening and learning, challenging, encouraging and enabling.

It's why we're trusted to provide services across Scotland, supporting thousands of adults and young people every month, because when people need us, we're there.

Penumbra is a charity (SC010387) and a company limited by guarantee (SC091542) registered in Scotland. Head Office, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

Penumbra Mental Health

Edinburgh Self-Harm Support Service

penumbra.org.uk

LocalityTeam.Edinburgh@penumbra.org.uk
0131 221 9607

What is self-harm?

Self-harm is when someone deliberately harms themselves. It's a very personal and complex response to lots of different things going on in someone's life like for example dealing with emotional pain, feeling disconnected, or feeling stressed. Self-harm can be a way of coping, and it's important to understand it can also be a response to trauma.

About the service

We can offer you compassionate and non-judgemental support if you're living with self-harm. We'll explore with you the issues around the self-harm and work with you to discover alternative coping strategies. But we won't just focus on self-harm, we'll explore with you your overall wellbeing and the things that are important to you in your life.

Many of our team members have their own lived experience, so we might have an understanding of what you could be feeling and experiencing.

Accessing support

We can support people aged 16 and over living in Edinburgh. You can access our free support by contacting us directly. This is called self-referral.

> I can talk about my issues in a non-judgemental environment. I love knowing there is light at the end of the tunnel

Just email or call us today to ask about accessing support.

We also accept referrals on your behalf like for example from your GP, social work and other voluntary organsiations.

We support people on their journey to better mental health, by working with each person to find their own way forward.

Where will support happen?

The support we offer is flexible. It can take place in and around your local community, in person and over the phone or zoom. Tell us what works best for you.

We offer one-to-one support and we also run friendly group workshops, where you can meet other people and share practical coping strategies.

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