

**Do you have a
patient affected
by self-harm?**

**Are you looking for someone
to refer them to?**



Self-Harm Peer Support Service

**For non-medical, non-
judgemental support
from people with lived
experience of self-harm.**

**Self
injury
Support**



What does the service offer?

- **Non-medical, non-judgmental support** from people with their own experience of self-harm.
- We believe that compassionate support from people with similar experiences can have a positive impact on how people understand their self-harm and how best to manage it.
- We offer a **one-off appointment face to face or via videocall or phone**.
- The support we offer is completely led by what people referred need.
- We're willing to talk about things that others often aren't.
- From our own experiences we know that self-harm can play many roles in people's lives – helpful and unhelpful. We do not expect people to stop using self-harm. But if they want to think about stopping self-harm, we will absolutely support them to do that.

Who is the service for?

The service offers support to people who:

- are **over 18**;
- are residents of **Bristol, North Somerset or South Gloucestershire**
- have **attended A&E** for self harm or have been **discharged from NHS Talking Therapies**
- are **not** under care of secondary mental health;
- are **not** at high risk of suicide or significant self-harm.

What are the timescales?

Once the referral form has been received, we will contact the client within **3 working days** and offer a support appointment within **two weeks**.



How do I make a referral?

Referrals to the service are accepted through our online form: **tinyurl.com/59t27ujx** or **scan the QR code below** For more information email Self Injury Support at:

bnssg.selfinjurysupport@nhs.net

We are not set up to respond to crisis situations. If someone currently needs support more urgently and cannot wait for us to contact them within three working days, then we are not an appropriate service for them to be referred to.

