

Self Harm → Self Care



A 5 session programme for
18-25 year olds who are
looking to reflect on their
coping strategies



The Self Harm --> Self Care Programme is a new programme from the Oxfordshire Discovery College. Together we explore what sits behind self harming behaviours, how to take care of ourselves when we feel we need to use this coping strategy, and what other tools we could use to express difficult emotions in other ways. In particular this programme might be helpful for people who self harm, but we also encourage supportive friends or family of the same age to take part.

Dates

Please contact us to find out when and where this programme is running next.

FAQS



Please let us know if you have any questions; we'll be more than happy to help.



What will I gain from the programme?

The first half of the programme develops our understanding of self harm; why we do it, what some of the myths around it are, and some of the barriers to seeking help. The second half of the programme explores some alternative ways to cope; how we can ask for the help we need, how else we could manage our emotions, and how to keep ourselves safe.



Who are the facilitators?

We'll have 2 friendly facilitators, running the programme. Between them they have a strong foundation of both lived and learned experience of the topic and a background in running programmes like this one. They're more than happy to answer any questions you may have before or after each session.



What do I need to bring to the sessions?

We'll provide everything you'll need; from pens and paper to refreshments. If there's anything that would help you to feel more comfortable you're very welcome to bring it along. We may, at times, ask you to bring something from home for one of the sessions, but we'll always let you know in advance.