



Self Harm- Self Help Project delivered by Mental Health Matters Wales

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Our project part of the Big Lottery funded
[Community Voice: Needs Must / Pan fo Angen project.](#)



Project outcomes

- We run groups, forums, training, workshops and activities to help community members of Bridgend County Borough who self-harm to engage with our project. We run eight weekly Self Harm to Self Care workshops and also a weekly Peer Support Group (Archways);
- We provide confidence building and training to help participants speak up and raise awareness by engaging through evidence based best practice mechanisms;
- We attend various events, have promotional stands and create newsletters with participants to improve awareness of self-harm issues to service providers and the public in Bridgend County Borough.

Achievements

- We will be starting workshops for people aged 16 – 25 in September 2016 and our Archways group will be made open to all people affected by self-harm, whether you self-harm, a parent, carer or service provider who supports people who self-harm. Together, we can break down barriers, reduce stigma and promote better understanding.;

- We have been successful with the groups in reducing the amount of self-harm people do by giving them other coping strategies;
- The difference we make to our participants is in giving them confidence to have their say, feel like they're not alone and giving them a safe place to express their feelings with people who understand.

“I feel this group is vital to Bridgend. It is one of the only places I have felt able to talk about my self-harm without shame.” (Participant)

“It's made me realise that it's not something to be put away in a box and left to fester. It's something you need help with and a group like this is so effective.” (Participant)

“It has helped to hear other's stories so then I could see I was not alone and not be ashamed.” (Participant)

“I felt the group was very good. I witnessed that some of those attending were getting a lot out of it and like my service user some gained confidence over the sessions I attended were able to participate more.” (Service Provider)

BIG ASKS Our participants say that they want an out of hours café or support hub to be able to go to talk to someone at evening time, including weekends and bank holidays. Illness does not occur during 9 - 5, Monday to Friday. This has proved to reduce the number of people accessing A & E.

Ideally our participants want to see changes in attitudes from medical staff including GPs, receptionists and A & E staff to make them feel like they are not a burden and deserve to be treated as a human being.

For further information, please contact: 01656 767045

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