

Information on the peer support groups.

The peer support groups usually start with a check in where we talk about our week or what is happening for us at that moment. It can range from any struggles we are facing, discussing our triggers or anything positive that we'd like to share. You decide how much you share each week with no pressure to check in if you prefer not to. Sometimes other members have been through a similar situation so can offer advice or alternative coping mechanisms or suggestions based on their experience.

After check in we take a break to allow you to get refreshments or take some time as sometimes we can feel slightly overwhelmed after sharing difficult or painful topics. Sometimes getting some fresh air is enough, however if you feel you need some extra support then you're welcome to let a volunteer know and we will sit somewhere quiet and try and help you through what you are thinking or feeling.

The second part of group includes an activity. Every week the activity is different and can range from fun and be creative e.g. making stress balls or pom poms, pet therapy, learn origami To worksheet based activities where we can learn to recognise our negative automatic thoughts, identify and understand our triggers as well as our emotions around self harm. These worksheet based activities are a great way to help us understand our self harm and enable us to learn new and safer alternative coping strategies.

Participating in group activities can be a relaxing way to learn new skills, which can create interests in a hobby leading on to useful distraction, and sharing this with others is a great way to boost confidence.

If there is an activity you would like to try then we encourage members to tell us so we can try to do them: we want group to be as helpful to you as possible.