Self Harm support group participant testimony

I am personally very isolated and don’t go anywhere. I have been using the Self Harm support group for over 3 months now. I’ve been attending the group not long since it first established, so it is still quite a new group. People who attend are from a range of backgrounds with different experiences of self-harm. The group is not just open to people who currently use self-harm as a way of coping – it’s also open to people like me who don’t self-harm at the moment, but often feel the urge to. It helps to keep me on track.

I find attending this group provides me with an opportunity to get out and meet and speak with new people. The group can be a space to build relationships too. It’s nice to have adult company. What works well for me in attending this group is that there is absolutely no pressure from anyone, to talk about your experiences. It took me a while for me to come out of my shell and open up – but that was OK. The group provides me with a bit of me time – to talk about myself and my experiences (if I want to). Sometimes we don’t talk about self harm, sometimes we do. It depends on where people are and what they want to talk about. Either way, people always listen, without judgement and are respectful. It’s reassuring to know that people in the group are going through or have used similar ways of coping.

I think the group can open up other avenues too. Talking openly in a group setting can really boost your confidence and self worth because people accept you for you. You might feel like using other groups within the organisation or becoming a volunteer – there’s loads of stuff you can do. And there are lots of support and resources.