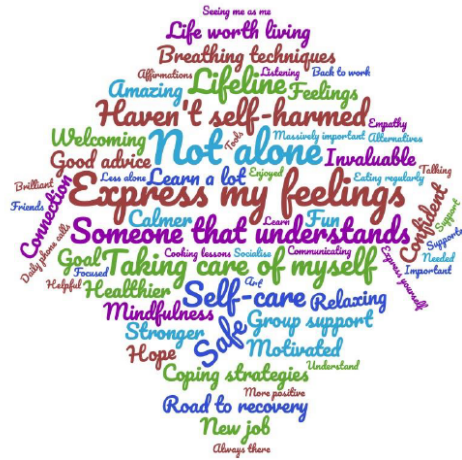


# Self-harm Support and Recovery service



## Why did we take action?



Self-harm is a strong predictor of suicide



COVID-19 may exacerbate psychological distress




Engage with people who fall through the gaps



Provide support for people living with self-harm or suicidal thoughts

## What did we do?

### 3 tier non-clinical intervention

- 1  Structured, professional 1:1 support (6 sessions), develop recovery plan
- 2  Self-refer to structured workshops, therapeutic activities, social groups
- 3  Out of hours support; telephone support calls (2 weeks)



Adapted to pandemic

## What has the impact been?

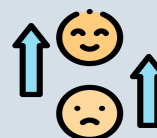
Oct 2019-  
Sept 2020



80%  
engagement  
rate



93%  
reduction in  
self-harm



43%  
reduction in  
suicidal thoughts



Positive changes  
(e.g. self-care;  
relationships)