

## SMASH: Social media-related self- harm in young people

### A CO-DESIGNED INTERVENTION TOOLKIT

We are developing a project to co-produce a toolkit that supports CAMHS practitioners to address social media-related self harm with young people who self harm. This will include tools, resources and frameworks that are:

- Evidence based
- Co-produced with young people, parents/carers, and CAMHS practitioners
- Responsive to real-world needs

**We want to see whether this is something that young people and parents/carers would want and find useful as part of support with CAMHS.**

**We want real life experiences and views to directly shape the design of the project.**

We offer a £25 shopping  
voucher for your  
participation

### CONTACT US



01482 463215



CAMHR\_PPI@hull.ac.uk



### GET INVOLVED:

- ◆ 1-2-1 or groups sessions to share your valuable insights as a parent/carer
- ◆ Discuss your ideas on the project and what should be included in the toolkit
- ◆ Offer your views on what good support looks like for young people and their families
- ◆ Meet online or in-person (we can work around you!)