



Self-Harm Support Service

Support for Parents and Carers

We offer weekly online peer groups to share experiences, listen to others, ask questions and share emotional support. We also run monthly Peer Led Awareness sessions online, to improve knowledge and understanding around the subject of self-harm.

Support for Professionals

Our training and resources are aimed at education providers and designed to upskill staff and build a culture of understanding and proactive support through a collaborative approach. The experienced Solent Mind training team offer live online training to equip you with the knowledge, skills and tools to support young people you work with who may self-harm.

Support Hub

A dedicated hub of information and resources for those who are self-harming and those supporting them.

For more information scan the QR code, or visit the hub at www.selfharmsupporthubhants.org.uk

