

## ABOUT SAFA

SAFA provides counselling/psychotherapy and support to individuals in Cumbria who self-harm, and also provides support to their family and friends.

## USEFUL CONTACTS

### MIND IN FURNESS

Mental health charity that works to create a better life for everyone with experience of mental health illness.

**W:** [www.mindinfurness.org](http://www.mindinfurness.org)

**T:** 01229 827094

### SAMARITANS

Provides free emotional support 24/7 to those experiencing despair, distress or suicidal feelings.

**W:** [www.samaritans.org](http://www.samaritans.org)

**T:** 116 123

### SELF-INJURY SUPPORT

A national organisation that supports girls and women who self harm.

**W:** [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

### YOUNG MINDS

Charity committed to improving the emotional wellbeing and mental health of children and young people.

**W:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

### CHILDLINE

Get help and support on a wide range of issues, call for free, anytime.

**T:** 0800 111

## FAQs

- We work with clients aged 11+. There is no upper age limit.
- We recognise that alcohol or substance misuse is a form of self-harm. We recommend that you have not been dependant on alcohol or drugs for 6 months prior to referring to SAFA.
- We offer counselling in Barrow, Kendal, Carlisle and several other locations around the county.
- All of our counsellors are registered with the BACP (British Association of Counselling and Psychotherapy).

## HOW DO I GET REFERRED?

You can personally contact us by phone or email. You can also be referred by your GP or anyone else who is involved in your care. Visit [www.safa-selfharm.com](http://www.safa-selfharm.com) to download a referral form.

### HEAD OFFICE:

Heron House,  
144 Duke Street,  
Barrow-in-Furness,  
Cumbria LA14 1LW

**T:** 01229 832269

**E:** [info@safa-selfharm.com](mailto:info@safa-selfharm.com)  
[www.safa-selfharm.com](http://www.safa-selfharm.com)

Company No: 6344630

Charity No: 1121122



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SELF-HARM  
AWARENESS  
FOR ALL

# Self-Harm Counselling

CONFIDENTIAL, NON-JUDGEMENTAL  
HELP AND SUPPORT TO CHANGE.



# THE SAFA WAY TO GET HELP...

## WHAT IS SELF-HARM?

Self-harm is any deliberate behaviour that causes physical harm to the body, either immediate, or over a long period of time.

People may self-harm not necessarily with suicidal intent but as a way of coping with emotional distress not easily expressed in other ways.

SAFA work with all different types of self-harm such as:

- Alcohol / drug misuse
- Body hitting / knocking / punching
- Cutting
- Eating disorders
- Overdoses
- Pulling hair out
- Risky sexual behaviour
- Self neglect
- Skin burning / picking
- Throwing themselves down stairs
- Punching walls

This is not an exhaustive list.

## WHY DO PEOPLE SELF HARM?

People may self-harm to:

- Cope with distressing experiences
- Feel in control
- Feel real
- Feel physical pain which is easier to cope with than emotional distress
- Release unbearable feelings of anxiety, grief or anger

## ABOUT COUNSELLING

Our overall aims are to help you to:

- Understand the underlying issues behind your self-harm
- Develop healthier ways of coping

Past clients have told us that counselling also helped with:

- Anxiety and depression
- Self-esteem and self-confidence
- Feeling more positive
- Improved relationships
- Sleeping better

Counselling is a working relationship in which you are helped to explore and manage what is happening in your life. It provides a safe, non-judgemental and confidential space in which to explore the difficulties that you may be experiencing, in a way not always possible with family and friends.

Counsellors do not provide advice or offer magical solutions, but will help you to explore and identify thoughts, feelings and behaviours and understand yourself better. The counsellor will be like a companion on a journey, helping you to find ways of moving forward.

There are many reasons why someone might self-harm. Everyone has their own reason, personal to them and their circumstances. Our counsellors are able to work in a variety of ways, depending on the individual needs of the client.

## WHAT TO EXPECT ON THE FIRST SESSION?

On your first session we will assess your needs. This first appointment can be useful for looking at what sort of issues you may wish to explore. This is also a chance to decide if counselling would be useful or not. If we both agree on future counselling sessions, a contract will be formed, which covers confidentiality, attendance etc.

For some people undertaking counselling can be a difficult journey but with the support of a counsellor many people do begin to feel better. It is important that you are willing to attend regularly to make the best use of therapy. Counselling sessions usually take place once a week at an agreed time.

## WHAT IS CONFIDENTIALITY?

This means that any information you disclose to your counsellor is private and is not shared with anyone else outside of SAFA, unless you give permission to do so. There are, however, some exceptions where we cannot keep confidentiality, e.g. due to severe risk to yourself or someone else or for legal reasons. These will be FULLY discussed with you during your first session.