



Support. Empower. Educate.



**SH Awareness Day** The 1<sup>st</sup> March each year is self harm awareness day. Many organisations and individuals across the globe mark this day each year in the hope of raising awareness and understanding of self harm and the issues surrounding self harm.

In 2011 NSHN is planning to continue the work to raise awareness, not just for one day, but of our support services that are available to those who need them all year round.

Our peer-led support forum continues to grow at a rapid pace – the forum has been open for many years and now has over 3200 members who all continue to come back, both to receive and give support, we recognise that there is a need for more services for those who self harm, as well as those involved in their care. We have a fantastic team of administrators and moderators who between them man the forum day and night to ensure the forum is a safe environment. The forum is also a great source of information, both through facts and personal experiences.

Our national freephone Helpline has now been in operation for more than a year and we are receiving a large volume of calls each week. The Helpline is operated by trained volunteers and callers have fed back positively on the quality of support they receive on the other end of the phone – praise we are pleased to receive. In 2011 we hope to promote the Helpline further and develop the support offered through further training and development of this service.

We are also receiving a higher number of emails and letters from people asking for support than ever before. Each of these requests is responded to by a member of a caring and dedicated team of volunteers.

So this self harm awareness day we hope that you will join us in wearing your orange ribbons, wristbands or similar to help us get the word out that there is support available to all those affected by self harm; and to help us reduce the stigma still surrounding self harm.

A registered charity based in Nottingham, NSHN offers its services nationwide and has a number of international members. The charity focuses on supporting people directly affected by self harm, by enabling them to seek alternatives. The charity aims to empower individuals to explore reasons for their self harm and to seek appropriate professional help.

NSHN aims to raise awareness of self harm, underlying causes, triggers and the many ways to offer support, empowering individuals to empower themselves as much as possible. NSHN also supports friends, families and carers of individuals who self harm.

## Contact us:



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