

## How do I apply?

### Contact the Project Staff by:

**Phone:**  
01325 283169

**Email:**  
contactus@darlingtonmind.com

**Website:**  
www.darlingtonmind.com

Darlington Mind is an equal opportunities organisation. Our mission and the work that we do with people is based on trust and respect for the individual. As such, we champion inclusion for all, taking proactive steps to try to redress the balance for those experiencing effects of discrimination and inequality. We promote and are part of healthy and inclusive communities in our region.

## Complaints, Comments and Compliments:

Your views are important to us as we want to ensure we continually improve the service we provide. Please feel free to raise any concerns you may have with the Young People's Self-Harm Project staff. If you would like to make your complaint, comment or compliment formal, you can write to:

**The Chief Executive,  
Darlington Mind Ltd,  
St Hilda's House,  
11 Borough Road,  
Darlington, DL1 1SQ**

Darlington Mind Ltd relies on donations to continue its good work. Please help if you can.



- Counselling
- Peer Support Groups
- Life Skills
- Stress Management
- Mental Health First Aid
- Workshops
- Awareness Sessions
- Volunteering



## Young People's Self-Harm Project "Express The Mess"

Darlington Mind Ltd., St. Hilda's House,  
11 Borough Road, Darlington DL1 1SQ

or telephone us on 01325 283169 between 9am-5pm Mon-Fri  
contactus@darlingtonmind.com www.darlingtonmind.com

Registered Charity No. 1093140

Company Ltd by Guarantee No. 4433988



## Why do people harm themselves?

There are no fixed rules about why people self-harm.

For some young people, it can be linked to specific experiences and can be a way of dealing with something that's causing distress in their daily life. Below are some of the reasons why young people self-harm:

- Pressures at school, college or work;
- Bullying/Cyber Bullying;
- Money worries;
- Sexuality;
- Relationship breakdown;
- Family Loss/Pet Loss.



## What can I gain out of this?

We will be working in partnership with Tees Valley YMCA who will assist the project by delivering free training in several areas such as:

- Life Skills
- Stress Management
- Mental Health First Aid
- Awareness Sessions

## What can I expect in the workshops and what will an Awareness Session look like?

- Understanding the dangers of self-harm;
- Raising Awareness of Self Harm;
- Emergency plan – what can you do when you think you might self-harm;
- Coping Techniques;
- Signposting to support agencies who can help you in a variety of ways.

## Who is the project for?

This exciting project is Funded by BBC Children In Need and we plan to work with young people who have been affected by Self Harm.

The programme will be aimed at young people between the ages 11-18 who are deemed at risk. The young people of Darlington will be involved in decision making within the project and also have a voice in what direction they feel the project should go. We will also be reaching out to young people in a range of settings including schools, colleges, community centres, youth clubs and sports Clubs. So if you have friends or family members who are feeling low or need support and guidance, Darlington Mind's Young People's Self-Harm project, "Express The Mess", is here to help you. Remember it's ok to talk about how you feel and we can offer confidential help and support. Just call us today for a chat.



## Peer Support Group

Taking place once a month, there will be a support group set up for young people suffering from Self Harm and Mental Health issues (this could change, subject to demand).

The support group offers you the opportunity to talk with others about similar problems and issues you may be experiencing.

Two Facilitators will be available at these activities for guidance and support. As well as that, there will also be small activities set in place for you to come and relax and chill out. There will be laptops, Internet access, a TV room, Pool Table, and darts.



Darlington Mind will also be offering food at the support group sessions, so if you would like to come along or would like more information on this subject, don't hesitate give us a ring on our contact number. You can also follow us on the internet, Facebook, Twitter and Instagram.

## Training Opportunities - how do I get involved ?

We are looking for young people to volunteer on our project. We want you to work with other young people who have been affected by self-harm. You will get training, support and guidance to become a Mentor within our project. If you are interested then get in contact us with us for further information. We would love to hear from you!

