

## Where can I find out more?

Contact us for more information, a chat or to arrange for you or someone else to meet a counsellor:-

**Post:-** 3 Errigal House  
Avroe Crescent  
Blackpool Business Park  
Blackpool FY4 2DP

**Phone:-** 01253 362140

**Text:** 07815 723 564

**Fax:-** 01253 407473

**Email:-** [counsellingteam@ncompassl.org](mailto:counsellingteam@ncompassl.org)

Drop in to see us at one of our outreach surgeries- contact us for details

### Opening Times:-

Monday to Thursday 9am - 5pm  
Friday 9am - 4:30pm

If you are unable to speak to someone straight away please leave a message and we will get back to you as soon as possible.

**If you work with young people and would like training or guidance on how to support young people who are self-harming please contact us.**

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**Support in the right direction**

Registered Charity Number: 1128809  
Registered Company Number: 6845210



**Winner**



Free, confidential service  
for young men aged  
11-18 who self-harm  
across Fylde, Wyre and  
the Lancaster District

## What is Self-Harm?

Self-harm is an issue for a lot of young people. Self-harm describes a wide range of behaviours that damage or cause harm to self that people sometimes use to cope with difficult feelings and distressing life experiences. It can be the only way a young person knows how to deal with their feelings. Young people often do this in secret and so it is not to seek attention. These young people require support to address their feelings and experiences and look at other ways of coping.

### Some examples of self-harm are:

- Cutting
- Burning
- Punching furniture or walls
- Pulling out hair
- Interfering with wounds
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### Reasons why a young person might self-harm:

- Relief from overwhelming anger
- A way of coping and managing with strong emotional or physical pain
- Feeling they deserve to be punished
- It often makes the person feel in control

### Triggers that can lead to self-harming

- Bullying
- Abuse - physical, emotional or sexual
- Being homeless
- Feeling isolated
- Parents divorce/separation
- Exam Pressure

## How does the project work?

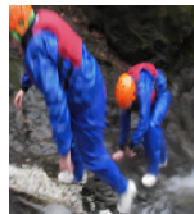
If you do not want to be referred to the project or would like more time to think about it a **'Self-Harm Booklet'** can be sent out to you, just text, phone or email us with your details.

Once you are referred to the project we will meet initially to discuss your needs and agree the right support for you. If you decide you don't want involvement in the Phoenix Project following this initial chat that is ok.

**1-1** - You will be offered 6-8 sessions of 1-1 counselling. This will support you to understand what triggers your self-harming behaviour and look at other coping mechanisms and ways to stay safe. If you prefer we can support you to access a recreational activity such as football, fishing, DJing or climbing instead of counselling.



**Workshops** - You will be offered group sessions to allow you to share experiences with others, reduce isolation and build confidence in a safe, creative, fun environment. During the sessions you will have the chance to take part in a variety of activities such as Clay Modelling, team



building games and attend a trip such as canoeing or gorge walking.

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**Peer group** - You will be offered an ongoing self help / peer support group to empower



you to take responsibility for managing your own self-harming behaviour and support others in similar situations.

You can choose to enter the project at any of the phases and leave once you feel you have received the support you need. If you need to revisit any of the earlier phases after you have moved on from them or need longer in a phase than initially thought this can be agreed.

## Values

As a project we promise to -

- Listen
- Be non-judgemental
- Empower you to make your own choices
- Be confidential - we will never tell anyone about your involvement in the project unless we think you or someone else is at risk