

HELP I'M IN CRISIS

SIGN ME UP



ALUMINA

WORKING WITH
11-19S FROM
SEPTEMBER '22

FREE ONLINE SELF-HARM SUPPORT FOR 11-19'S

PREVIOUSLY **selfharm**^{UK}

What is an Alumina group?

Alumina groups are online support groups made up of up to 14 young people and 2 leaders, and meet online once a week for 7 weeks. They offer a friendly, inclusive, non-judgmental space where we offer you tools and ideas to help you reflect on your journey and what might be the next right step for you, as you move towards a life free from self-harm.

IS ALUMINA RIGHT FOR ME?

Are you...

- 11-19 years old?
- Living in the UK?
- Someone who self-harms or worries they might?
- Looking for support but not wanting to do it face to face?
- Wanting to move towards a life free from self-harm?

If so...

Alumina could be a helpful step forward. If you sign up we'll begin a conversation over email to work out if it might be a good fit – and you can ask us any questions you have. The only rule we have in Alumina is that we don't talk about suicide in the groups. If that's something you are struggling with thinking about we recommend getting in touch with our friends at Papyrus who are better equipped to support you.

SIGN UP FOR ALUMINA -

Go to: <https://www.selfharm.co.uk/>