

Can I access support?

We are funded by South Ayrshire Children and Young People Mental Health and Wellbeing to provide support to Pupils and Schools in the South Ayrshire area. This service is FREE to access.

How can I access support?

You can contact us directly to request an application form, fill out an online form, or you can ask someone to contact us on your behalf e.g. another professional who is supporting you. You can also contact if you are worried about a friend or a family member and you would like to chat about how you can help.

We aim to respond to all referrals within 72 hours. We will contact you to arrange an informal meeting to explain more about the service we offer, how we could support you and your options for moving forwards.



@PenumbraScotland



@penumbra_Scot



@penumbrascotland

Useful Numbers

Emergencies	999
NHS 24	111
Samaritans	116 123
Breathing Space	0800 83 85 87

About Penumbra

Founded in 1985, we are one of Scotland's largest mental health charities.

We provide an extensive range of person-centred support services for adults and young people, supporting around 1800 people every week.

Penumbra also campaigns to raise awareness of mental health challenges and reduce social stigma.

South Ayrshire Self-harm Support

Frank Sweeney Centre

82-84 Glasgow Street

Ardrossan, KA22 8EH

T| 07514 661505

E: southayrshire@penumbra.org.uk

Penumbra is a charity (SC 010387) and a company limited by guarantee (SC 091542) registered in Scotland

penumbra
your way to a brighter future

South Ayrshire Schools Self-harm support

south
AYRSHIRE
COUNCIL
Comhairle Siorrachd Air a Deas



The Scottish
Government
Riaghaltas na h-Alba

penumbra.org.uk

South Ayrshire Self-harm Support provides sensitive and non-judgmental Support to people who are at risk of self-harm.

How can you help me?

Our team are here to provide compassionate support. We are trained in person centred planning techniques and can help you with tools and techniques to help keep you safe.

We can offer 1:1 support sessions, and/or we can provide information to friends and family members.

Alongside exploring self harm we can also support you to look at other areas important to you, such as building self esteem, confidence and mental health and wellbeing.



Check out our digital hub



You can access all our information including our online forms and helpful resources through our digital hub.



“I can talk about my issues in a non-judgmental environment. I love knowing there is light at the end of the tunnel”

- Marcus

Self Harm

We understand that it can be hard to deal with traumatic events, and that self harm can feel like a way to cope.

Self harm can take many forms, including (but not limited to) cutting, burning, swallowing harmful objects, hair pulling, disordered eating and engaging in high risk activities.

If you feel you are causing harm to yourself then please contact us.

Bringing people together

School support

We offer , group workshops and activities to bring people together; informed by your ideas.

Awareness raising

Training and information sessions for teachers, other agencies, parents & carers can be arranged.

