



Would you like to be involved in research?



We are a group of researchers with an interest in making mental health services better for people who self-harm. We are looking for people with lived experience of self-harm to join our lived experience group, which is an important part of our project team. This helps us to make sure we represent your views in our research and that we focus on what is most important to you.

Self-harm can be different for everyone. When we say this, we mean acts like cutting or burning your skin, hitting or injuring yourself in some way. We also include eating/drinking something that might be poisonous, like an overdose of tablets. People who self-harm deserve understanding from others, and we want to be able to make support services better through our research.

Anyone who shares their views with us will be reimbursed for their time. You don't need any previous experience of research to take part.

If you would like to find out more, you can contact us for a confidential chat. Contact Tom or Charlotte:

Text or call: 07355925438

Email: freshstart@leeds.ac.uk

