



What we do

We are researchers working at the University of Leeds, working on a project to deliver talking therapy (also known as 'psychological therapy') in the NHS for people who self-harm.

We'd like to find out whether therapy can help people who self-harm. Research can help us understand how this might happen. The project is aimed at people who harm themselves more often.

We believe in the saying, "nothing about us, without us". This means a project about self-harm needs input from people who know what this can be like.

How you can be involved

We would like you to consider becoming a member of our 'lived experience group'. This group is a very important part of the research team. It is a group of people with lived experience of self-harm who input into the research in various ways.

We are planning to hold two online workshops on 19th November 2024 and on 21st January 2025. At these workshops we will introduce and discuss with you the initial findings from the interviews we have done with study patients and therapists. The workshops will be chaired by an expert by experience. You will be given payment for your time.

The group also meets every 6 months, although we do not expect you to attend every meeting if you are unable to. Our researchers will attend every meeting and will start by telling you about the progress of the project and what we hope to do next. You will have the chance to give your opinion on how the research is progressing and help us to plan the next steps.

If you would like to be involved, but do not wish to attend meetings, please do still get in touch. We are also happy to receive feedback and input over the phone, via email or however you prefer to be involved.

What will you have to do?

You will:

- Join us for virtual workshops and meetings, or provide feedback via email, phone or chat.
- Be given clear, jargon-free information about the project at least a week before each meeting.
- Have the chance to give your views in the meetings, or by chat/phone/email.
- Be treated with respect and given a safe, confidential space to share your views.
- Receive a payment for your time after each meeting you attend.

You will NOT need to:

- Talk about anything that makes you feel uncomfortable.
- Know any technical information about how research projects work.
- Come to every meeting.
- Give a reason if you decide to leave the group at any time.

Contact Tom or Charlotte

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