

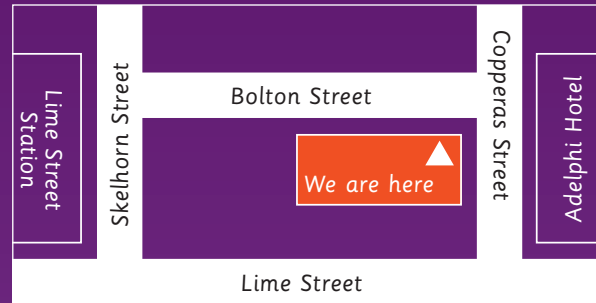
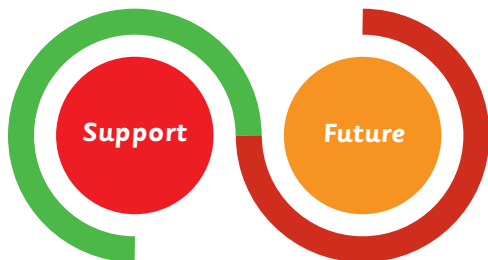
Our Confidentiality Policy

Group work at YPAS is a confidential service and we will respect that as much as possible. However, if we feel that you or someone else may be at risk of harm, we may need to contact someone to ensure your or their safety.

Your rights – whilst in the group

- To be treated with respect by workers and group members
- To see any information that is kept about you
- To be informed about what we can offer you
- To use our complaints procedure if you are unhappy about something

YPAS offers a range of services including Counselling, Support, Mental Health Transition, Advice, Personal Development and a variety of Group workshops.



You can contact the group workers on

0151 707 1025

or at the address below.



Young Person's Advisory Service

36 Bolton Street, Liverpool L3 5LX.

Tel: 0151 707 1025 Fax: 0151 707 1252

www.ypas.org.uk Email: support@ypas.org.uk

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Self Injury Groups



Young Person's Advisory Service

About YPAS and the Self-injury Groups

The young person's advisory service assist children and young people from 10 to 25 who are experiencing difficulties in their lives.

The self-injury team run 2 groups, for young people aged 13 to 15 and 16 to 25 years. These happen 3 times a year. The groups run of an evening and follow an 8 week programme. The group is usually attended by 6 to 8 young people. It is run by counsellors who are trained and experienced in working with this issue.

What do we understand about self-injury here at YPAS.

We see it as a way of coping with any difficulties and distress a young person maybe experiencing in their lives. A number of young people self-injure for many different reasons.



What is the group about?

The group aims to bring young people together to share and explore their self-injury in a safe supportive environment.

It also aims to enable you to gain a greater understanding of your self-injury and how past experiences and feelings are linked to it.

We will also look at vulnerable times and feelings and situations that affect it.

Through exploration and support the hope is to help you to increase your coping strategies and find safe alternatives.

How do I get involved?

You can ring us yourself or you can ask someone to ring us on your behalf, parent, teachers, mentors, support workers or a friend.

What will happen next?

We will invite you in for a chat to discuss the group and check out your needs and if it fits what your looking for. If it doesn't then that is fine. If it does we will give you the date when the next group starts.

Young People's comments about the group

"I found it helpful hearing other people's problems similar to mine and being able to talk."

"The sessions where we explored our feelings were most helpful and important."

"I discovered new things about myself."

"I felt accepted and understood"

"After the group I now understand some of my problems."

"It was good meeting new people and not feeling as isolated and alone."

