

ONLINE SELF-HARM SUPPORT

 national
self harm
awareness day
2024



Have you heard about Alumina?

Alumina is a free, ground-breaking online support programme from Youthscape for young people who are struggling with self-harming behaviour.

Live sessions – run through a web browser – connect young people with trained youth workers over seven weeks. It has been proven to help young people to reduce their harming behaviour and find alternative ways of coping.

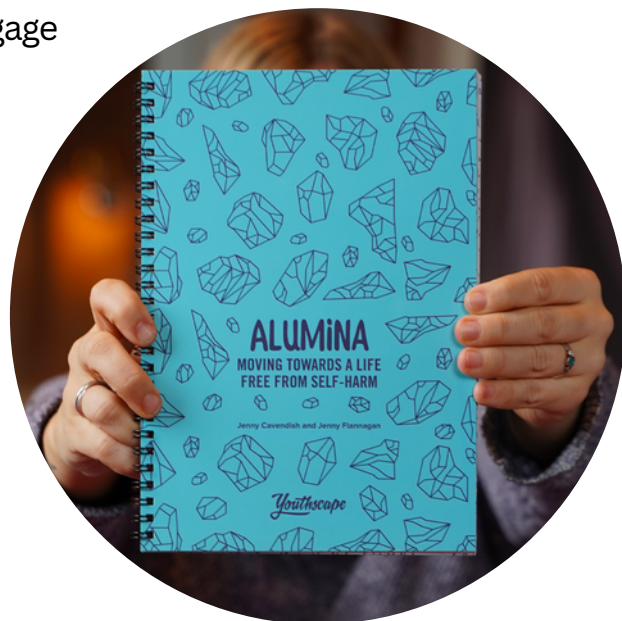
Since 2014, Alumina has been offering young people pastoral support alongside practical ideas that are helpful in dealing with emotions and self-care, in order to help teenagers to reduce their self-harming behaviour. Alumina combines ‘active listening’ with a teaching programme that educates young people to take control of their harming by giving them tried and tested strategies for coping. By empowering young people, Alumina can reduce self-harm.

The key points:

- Open to young people aged 10-17.
- Online context is comfortable for young people to engage
- Sign up is free, quick & run by trained youth workers
- Clear safeguarding policy and procedures

Who is Alumina suitable for?

Alumina is suitable for young people aged 10 to 17 ; we support those of all genders and those who do not gender identify. A young person can access our services whether they have begun to have thoughts of self-harm, if they have been harming a short time or if it is a longer term challenge for them.



Alumina is a project of Youthscape

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How do I refer a young person to Alumina?

Teachers, social workers, youth workers and other professionals can talk to a young person about joining Alumina, but the final decision is theirs.

Young people apply to join Alumina on our website selfharm.co.uk and fill in a simple form including their email address.

One of our team will contact them within 24 hours to introduce themselves and ask the young person to provide contact information for an adult should there be any wellbeing concerns during the course. That adult can be a parent, teacher, health care professional or youth worker.

Sessions are run in the evenings and young people will be sent a link to sign in and join a session at a time that suits them.

What subjects does alumina address?

- Who am I? What's my story and how does it affect me? Control: what can, and can't I control?
- The addictive nature of self-harm
- Getting our brains to think differently
- Using alternative strategies Talking about feelings
- What other support might I need?

Questions?

Email the Alumina project manager:
helloalumina@youthscape.co.uk

To find out more

Visit selfharm.co.uk



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