

insights

User led self injury peer support group

**Second Saturday of
each month in**

Newcastle

Coffee Trader

Northumberland St

NE1 7EL

10am-12

**Fourth Saturday of
each month in**

North Tyneside

Costa Coffee

Wallsend High St W

NE28 8JA

10am-12

A group for those who have lived experience of self-harm or self-injury. Run by and for service users and those who have self-harmed, it offers a supportive environment in which to share experiences, coping techniques, and the opportunity to talk to others. It is not a clinical service, but a peer support and self-help group aimed at those for whom existing services don't quite meet all their needs, and it works to complement, not to replace professional medical help.



For further details please contact
Steve O'Driscoll on 07947 766 327 or
launchpadncl@aol.com for Newcastle group or
launchpadnt@gmail.com for North Tyneside group

