

Some Reasons You Give for Self-Harming

- Emotional Pain: sadness, grief, hopelessness, helplessness, desperation.
- Self-Hatred: shame, guilt, self-punishment
- Anger: fear, panic, frustration, hurt.
- Unreality: numbness, deadness, feeling invisible.
- Neediness: feeling unsupported or unheard

It helps you to ...

- Communicate your feelings
- Relieve these feelings
- Feel in control of your lives
- Get a feeling of comfort
- Feel alive
- Feel suitably punished

Whatever the reason we are here to help you!

Even if you decide not to avail of the Mentoring Programme there are many organisations and groups that are there to help you. Why not lift the telephone and give one of them a call. It's good to talk! Below are just some of the organisations that can, want to, and will, help in times of crisis.

Important Numbers

Samaritans	028 71265511
Nexus	028 71260566
Cruse	028 71262941
Contact Youth	028 90457848
Gamblers Anonymous	028 71351329
Parentline Plus	0808 800 2222
National Drink Helpline ...	0800 9178282
National Drug Helpline	0800 776600
Childline	0800 1111
Zest	028 71266999

Mentoring Project:

Conor McCafferty
Mentoring Coordinator
Zest, 15a Queen Street. L'Derry
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THE MENTORING PROJECT

"To improve the lives of those who self-harm"



- **Would you like the support of someone to help you get to the service you need?**
- **Someone who knows what is available and can access the service quickly?**
- **Someone who will be there for you until you get to the service?**
- **Someone who cares and understands?**

Then read on ...

What is the Mentoring Project?

The Mentoring Project has been set up to improve the lives of those who self-harm.

The purpose of the project is to ensure that after an incident of self-harm you get to the most appropriate service as soon as possible. After meeting with the Mentoring Coordinator, you will identify and agree what it is you most need in order to improve your life.

A Mentor will then be assigned to you to facilitate and support you in accessing the chosen service. This will involve between 2 and 6 meetings between you and the Mentor until you get into the chosen service.

Who are the Mentors?

The Mentors are specially chosen and specifically trained volunteers who come from various backgrounds in the community.

They have been trained in self-harm and suicide awareness, interpersonal skills and, most of all, they have a willingness and a desire to help those who self-harm. The Mentors are up-to-date with the existing services and organizations that offer counselling, support and other forms of help.

The Mentor will give you all the help and support that you need while you are waiting to engage with your service. The Mentor will be with you during this difficult time.

How do I get on the Mentoring Project?

If you are assessed in Altnagelvin Hospital, after an episode of self-harm, you will be offered the opportunity of joining the Mentoring Programme.

If you agree:

- **Your details will be passed on to the Mentoring Coordinator.**
- **You will be contacted by the Coordinator after a few days and a meeting will be arranged.**
- **Together you will agree what service best suits your needs.**
- **The Coordinator will contact the agreed service and arrange an appointment for you.**
- **You will be assigned a Mentor who will meet with you up to six times while you are waiting to get to your service.**