



We are Penumbra Mental Health,

a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health.

From being there for people in crisis to suicide prevention, supported living to self-harm management and peer support, we are with those we support every step of their journey to a better place.

People's experiences are at the centre of everything that we do. We champion peer workers; they know that recovery is possible, because they've been there too.

Of course, everyone's journey is different, so we work with people to identify, believe in, and reach their goals, whatever they may be.

Often, it's about hope, but we know that's not always easy for people to hold on to.

And so, when times are tough, we hold it for people, keeping it safe - just until the time is right. You see, Penumbra has always been about people; listening and learning, challenging, encouraging and enabling.

It's why we're trusted to provide services across Scotland, supporting thousands of adults and young people every month, because when people need us, we're there.

Glasgow Self-Harm Network

What is the self-harm network?

The Scottish government has committed to developing a self-harm strategy and action plan for Scotland.

Penumbra will be delivering new services that will support people who are self-harming, ensuring that learning from the services and the people who use them, will contribute to the development of the strategy and action plan and inform our approach to self-harm.

Our Values

Compassion: we will listen and respond with hope, kindness and respect.

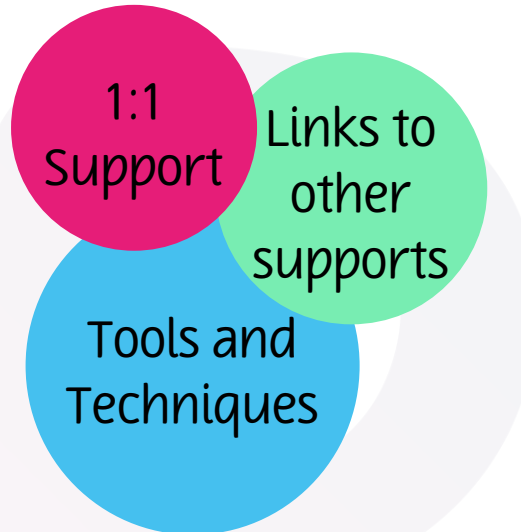
Courage: we will do the right thing. Standing up for people, their rights, wellbeing and recovery.

Curiosity: we will explore, reflect, learn and adapt to create solutions that are best for people's wellbeing.

Collaboration: we will work with those who share our vision and values.

Support

Self-Harm is where someone harms themselves as a result of emotional distress. Our Peer Practitioners work flexibly between the hours of 8am – 8pm to provide:



Support can be in person, by phone, video call or text.

Awareness Raising

We will provide awareness raising sessions for families, friends and professionals. Our Partner Scottish Recovery Network will host community-based engagement sessions.

We support people on their journey to better mental health, by working with each person to find their own way forward.

In Glasgow

Our service will support people aged 16+ in the East of Glasgow

For more information or an application form please contact
SHNSGlasgow@penumbra.org.uk

