

Contact us

The FISH Project

For further information or to make a referral, please contact the team using the details below. Referrals can be accepted from education, health and voluntary sectors or you can self referral.



0121 638 0876



fishproject@spurgeons.org



@spurgeons



@spurgeonsUK



www.spurgeons.org

For further help:

HELPLINES

Police: 101 or 999 if you are in immediate danger

NSPCC

The NSPCC helpline provides help and support to thousands of parents, professionals and families.

0808 800 5000

help@nspcc.org.uk

www.nspcc.org.uk

SAFEGUARDING

The Children's Advice and Support Service (CASS)

0121 303 1888

cass@birmingham.gov.uk

Local Safeguarding Children's Board

www.lscbbirmingham.org.uk

Who we are

Spurgeons Children's Charity provides support to vulnerable and disadvantaged children and families across England. We believe every child deserves the opportunity to live a hope-filled life. Through the delivery of support and intervention services and by speaking up on behalf of those who need us most, we give vulnerable and disadvantaged children and families the chance they need for a better present and more hope-filled future.

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Family Intervention for Self-Harm

Supporting young people and families to reduce instances and the severity of self-harming.

www.spurgeons.org



The FISH Project

A project set up to support young people and families to reduce their instances and severity of self-harming and to lessen the likelihood of them falling into crisis, without them requiring referral to a specialist mental health support service.

Who we are

Spurgeons Children's Charity provides support to vulnerable and disadvantaged children and families across England through the delivery of support and intervention services.

What is the Family Intervention for Self-Harm Project?

The Family Intervention for Self-Harm project (FISH) works with 10-19 year olds and their families to reduce the frequency and severity of self-harm incidents. Running in Birmingham and funded by the Big Lottery, it is the only project of its type to provide a family-focused self-harm intervention service. Parental support is crucial in recognising and aiding a young person's recovery from self-harming behaviour.

What is self-harm?

Self-harm can take many different forms and as an individual act is hard to define. However a definition is drawn together across public services, specialist services and charities. General self-harm (also known as self injury or self mutilation) is the act of deliberately causing harm to oneself either by causing a physical injury, by putting oneself in dangerous situations and/or self neglect (NSHN). For the purposes of this project, self-harm consists of cutting, burning, hair pulling, biting, picking at skin or reopening wounds, scratching, hitting (with an object) and head banging.

Who we help?

The project supports young people aged 10-19 across Birmingham who self-harm.



How we can help

At FISH we can help by offering up to 16 sessions of support:

- **Providing direct one to one support**

Sessions with the young person will develop their awareness, knowledge and understanding of self harm. We will work with them to implement and develop coping strategies to support their wellbeing. In addition, sessions will explore risk management, future goals, building positive relationships, emotional support and identifying/utilising signposting where appropriate.

- **Providing family sessions**

Sessions will develop the understanding and knowledge of self-harm and ways to support themselves and the young person. We will look at ways of engaging with self-harm as well as scenarios in which they can provide/support bringing about a positive alternative for the young person.

- **Running parental peer support groups**

These sessions are an opportunity for parents/carers to share their coping strategies, ways of engaging with self-harm presentations as well as building emotional support from each other. These will be facilitated by staff.