

*Have you personal experience of self-harm or of caring/ supporting a person who self-harms?*

**PARTICIPANTS REQUIRED**  
**ONLINE SURVEY**

**Mental health assessments and psychological therapies are important following self-harm.**

We are investigating what helps and does not help people receive mental health assessments and access psychological therapies after they present to hospital with self-harm.

We are looking for people with personal experience of:

- *Self-harm (self-injury or self-poisoning with or without suicidal intent)*
- *Mental health services and/or psychological therapies following self-harm (accessing and/ or receiving)*
- *Caring or supporting a person with self-harm*

If you are interested in volunteering to participate please contact the lead researcher; Email: [leah.quinlivan@manchester.ac.uk](mailto:leah.quinlivan@manchester.ac.uk);  
Phone: 0161 2750727 OR click this link for further information  
<https://sites.manchester.ac.uk/mhapt/>