

help us to improve the quality of care for people who self-harm

This leaflet was produced by the SHIELD service user advisory group. We meet monthly and always welcome new members.

For more information visit our website at <http://kingshealthpartners.org/info/shield---improving-care>

Please contact: ShieldProject@slam.nhs.uk
or telephone 0207 188 6004

attention seeking ? sometimes not such a bad thing

SHIELD improving care
for people who self-harm

‘ I spent so many years despising & hating myself. I thought that I was ugly, useless and unlovable. Self harming was my way to punish myself. It also provided me with release. However, I eventually became suicidal.

There have been times when I experienced positive support from staff and other times, when they reinforced all the negative things I was feeling about myself.

This is why I wanted to get involved in the SHIELD project. I wanted something positive to come from my experiences. I feel that if I can help just one person, it would be worth it.

Hopefully, with your help we can do more than that. Together we can improve the A & E experience. We can improve the care pathway experience. We can train staff & enable them to pass on their learning. This can only happen with your help.’ **Olivia**

SHIELD is a three year project to improve the care pathways for people who present to the Emergency Departments after self-harm. We are based in South London and the Maudsley NHS Foundation Trust and work in both King’s College and St Thomas’ Hospitals.

Many people can be involved in the clinical care that patients receive when they attend the Emergency Department after self-harming. This can include staff in the Emergency Departments, the mental health liaison teams at both hospitals and staff from various medical and surgical departments.

If you or anyone you know has been affected by self-harm we would welcome your involvement in our project. You could come to our meetings and give us advice on how you think services could be improved and be involved in a range of education and training projects. **We meet monthly and always welcome new members.**