



www.selfharmony.co.uk



...Our award-winning site where you can find useful information, links and our online community where you can come to talk to other self-harmers in a safe environment.



Equilibrium is a unique award winning user-led self injury awareness organisation designed to help educate and support people who self harm and their family and friends. Self Injury is becoming a widely used coping mechanism amongst teenagers and young adults; in recent years the number of people who use self harm has escalated massively and healthcare professionals are referring to it as an epidemic.



Above: Our first Self Injury Awareness Day (SIAD) event held in February 04

Left: Our forum where users can come to talk to each other and find support

Why do people Self-Injure?

Self-Injury to someone looking from the outside not only appears like an irrational action, and an almost incomprehensible thought; but is also a subject which has much taboo around it and thus information targeted at layman is few and far between. We intend to therefore detail the reasons why people partake in self injurious behaviour, and some of the similarities between those who self injure.

Come and Join us...

If you want to know more, come and join us at www.selfharmony.co.uk where you can find information on everything from self injury, depression, to what your rights are and where you can go to find help. Also there is a bulletin board where our users can talk to each other, post suggestions of distractions and even play word games in forums moderated by a team of staff there to make sure everyone is kept safe on the board.