



# SHIP

**Self-harm Intervention**

**Programme**

Information for patients  
and families/carers

## **What is the Self-harm Intervention Programme (SHIP)?**

SHIP provides people who self-harm with quick access to support and counselling to help deal with the issues that are causing distress. It equips people with new ways of coping with problems.

## **Who is it for?**

SHIP is suitable for people aged 11 and over who have self-harmed and have personal or social problems that are causing distress. Before you are referred to SHIP, your needs will be assessed to make sure this is the right service for you. Some people who self-harm may need care by mental health services in the local Trust rather than SHIP.

SHIP also offers a short period of education and support to people who care for someone who self-harms (eg a parent, partner or friend).



## **Who provides the service?**

SHIP is provided by a network of voluntary sector organisations offering counselling, that work in partnership with your GP and local health services. These organisations are listed in the table. They employ experienced counsellors, who work to professional standards and are highly skilled.

## **Where is the service provided?**

SHIP is provided at a range of locations within each of the five Trust areas, so it's available right across Northern Ireland to anyone who needs it. Help is usually offered at the premises of a voluntary sector organisation or health centre within your local Trust area.

### If I am interested, what happens next?

If you or a family member is interested in this service and give permission, we will share your contact details and other relevant information with the relevant voluntary sector organisation.

1. You will be contacted by phone within the next few days to arrange an appointment. Please keep your phone turned on.
2. People who self-harm will usually be offered an appointment within a week of being contacted by SHIP.
3. Family members or carers will usually be offered an appointment within two weeks of being contacted by SHIP.

### Can I have more time to think about using SHIP?

With your permission, if you are interested in SHIP, but are unsure about using the service, we can still pass on your details to the service provider in your area. Someone will phone you and you will have the opportunity to discuss any concerns and ask questions. You can then decide whether or not you want to use the service.

### Is it possible for a parent/carer/friend to get support even if I don't want counselling?

Yes, even if you don't want counselling, someone else close to you can get some support. A family member or friend can be referred by a health professional, or they can contact the SHIP service directly using the telephone numbers provided. **Please note these numbers are for families and carers only. People who self-harm must be referred by a health professional.** Lines are open Mon–Fri 9am–4pm (excluding public holidays).

Trust area	SHIP provider	Telephone number
Belfast Northern	ASCERT	0800 254 5123
South Eastern Southern	Inspire Wellbeing	0800 987 4117
Western	Zest	028 7126 6999



SHIP will not share any of your personal information, but will give your parent/carer/friend advice on how they can help you and how they can cope better themselves.

### What should I do if I feel like harming myself?

You should contact your GP or the 'out-of-hours' GP immediately. If you have difficulty reaching a GP, you can attend a hospital Emergency Department, or ring 999 if you or someone else is at immediate risk.

GP out-of-hours		Telephone number
<b>Belfast Trust</b>	North and West	<b>028 9074 4447</b>
	South and East	<b>028 9079 6220</b>
<b>Northern Trust</b>		<b>028 2566 3500</b>
<b>South Eastern Trust</b>	North Down and Ards	<b>028 9182 2344</b>
	Lisburn and Downpatrick	<b>028 9260 2204</b>
<b>Southern Trust</b>		<b>028 3839 9201</b>
<b>Western Trust</b>		<b>028 7186 5195</b>

### Useful numbers

<b>Lifeline</b> – 24 hour crisis response helpline	<b>0808 808 8000</b>
<b>Samaritans</b> (listening ear)	<b>116 123</b>
<b>Childline</b>	<b>0800 1111</b>



Public Health Agency

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