

why are we here

This meeting was started
to break a silence.
Addiction recovery
fellowships are found in
every corner of the world.

But hidden in most of
these meetings we
find a person with scars
and without the words to
explain them, without a
safe space to share them
and without the
knowledge that they can
recover.

We are here to find the
words, share the space,
learn from each other and
build the courage for
recovery.

[OUR MEETING]

Changes Treatment Centre
216 Weltevreden Road
Northcliff
Tuesdays 6 - 7pm

CONTACT US AT:

www.selfharmersanonymousmeeting.com



SELF-HARMERS ANONYMOUS

put down the [sha]me



understanding self-harm

SELF-HARM HAS SCARRED ME BUT DOES NOT DEFINE ME

[OUR AFFIRMATIONS]

[OUR STEPS]

STEP 1 Admit that there is a power inside you that wants you to hurt

STEP 2 Start to believe that there is a greater power outside of you that wants you to heal.

STEP 3 Choose which power to trust. (If you want to keep hurting, stop here. If you want to start healing, go on.)

Self-harm, self-injury or self-mutilation is the deliberate act of causing physical damage to one's own body. It can be a symptom of many psychiatric, mood and personality disorders including substance and process addictions, but it can be a condition on its own. This is known as NSSI – Non-Suicidal Self Injury.

Common forms of self-harm range from cutting, burning, scratching, hitting and bruising body parts, to skin-picking and compulsive hair-pulling. Although many other harmful behaviors cause pain and leave physical damage, what distinguishes self-harm are the things that motivate it.

Because self-harm is widely misunderstood, judged and stigmatised, many sufferers avoid seeking help. Because self-harm is a private and secretive act rather than a cry for attention, many go unnoticed. And while self-harm is usually separate from suicide attempts, many cross that line and many are lost.

In 12-step fellowships, addiction is broken down into powerlessness and unmanageability. By seeing self-harm in this way and by making that admission, we believe we have a starting point for recovery. Welcome to your first step..