



[www.share-uk.co.uk](http://www.share-uk.co.uk)

### About SHARE UK



SHARE UK is a ground breaking study to learn more about self-harm and the support people need.

### **What's involved?**

All information is completely anonymous and confidential.

Once you have signed up you will be asked some questions about internet use and self-harm. There is an option skip these or answer them later if like.

You will have your own user area. From here there you can fill out some questionnaires. You can answer as many of these as they like in any order.

You can also you your own dashboard to tell us about things you view online. This can be anything from Facebook groups, to online news or support sites. We are interested in the good and the bad.

### **What do we mean by self-harm?**

When we talk about self-harm we mean intentional self-injury or poisoning whether or not a person is thinking about suicide.

### **Who can take part?**

Participants must be aged 16 or over, living in the UK and have harmed themselves in any way at some time in their life. This could be self-injury or poisoning.