

# Recruiting young people to receive a new treatment approach for self-harm

## What is the COPING feasibility study?

- It is testing a new treatment approach for self-harm in young people delivered by a GP over two appointments
- This new approach is called COPING
- Young people who take part will complete one questionnaire at the start and three more after COPING, and have the option of being interviewed

## Who is eligible?:

- 16–25-year-olds who:
  - have a history of self-harm in the last 12 months
  - and are NOT currently receiving psychological therapy (including from a NHS Talking Therapies service)

## Who is the research team?

- This study is led by Dr Faraz Mughal - a GP and researcher at the School of Medicine, Keele University
- This study is funded by the National Institute for Health and Care Research (NIHR)

## Want to know more?

- Scan the QR code to read more about the study and to express an interest to take part

