



Contact us if you'd like to  
organise training around  
supporting young people who  
self harm, refer a parent over,  
or partner with Speek!

## Contact Us

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**speek**

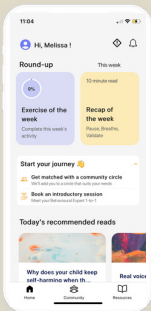
# Who We Are

**speek** is a digital mental health platform that bridges the gap between families affected by self-harm and the skills, community, and personalised support they need to find stability

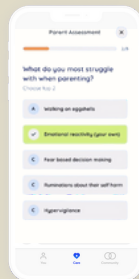
Speak has serviced over 300 families to date using their person centric recovery focussed interventions with 76% retention of their foundational programme

*\*All modules have adapted versions for neurodiversity*

## How Speak Works



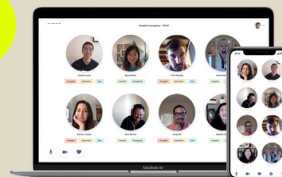
**1** Parent completes **biopsychosocial assessment** to build their **personalised care plan**



**2** Parent completes evidence-based **Self Guided Modules**

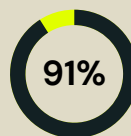
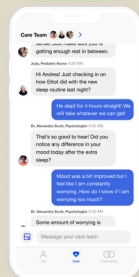
**Group Therapy Sessions** for parents with a registered Clinical Psychologists (2 sessions a month)

**3**



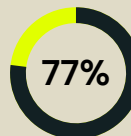
**4**

Support from other parents and Speak Clinicians via **asynchronous chat**



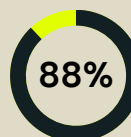
parents (70 out of 77) reported that they feel **confident in supporting their child** through episodes of self-harm at home

*"I don't panic and no longer feel completely out of my depth. I feel more confident in supporting my daughter if she has an urge to self harm..."*  
*"I don't feel as anxious now..and I don't blame myself as much..now that I know it is a mixture of different things, situations which have all contributed."* – Speak parent after month 1 of the intervention



parents (16 out of 21) reported that their child has reduced or stopped self-harming behaviour since they started the Speak intervention\*\*

*\*\*Cannot assume causality. Measured over 3 months post intervention*



parents reported that they use Speak's 'Ask an Expert' community feature (asynchronous chat) for issues they would otherwise take to their GP

*"Everything resonated..and described exactly how I am feeling...I felt understood for the first time..and the support from the other ladies was amazing"*  
– Speak parent on Speak community

*"I use all the techniques I learned so far from Speak daily. Really cannot thank you enough... life changing."*