

penumbra

your way to a brighter future

The following is a personal experience from Ashley Mowat, who was supported by Penumbra through our self harm project.

"I first encountered Penumbra in the Autumn of 2017. I'd lost work after 26 years and was unravelling with mental health issues. I suffered depression, anxiety and OCD, had attempted suicide and regularly self harmed.

I was referred to the self harm team and within a very short time had a weekly appointment. I was immediately put at ease by the kindness, expertise, empathy and good humour of my Penumbra counsellor. These sessions explored difficult experiences from which I learnt so much. I always left each meeting far less anxious and energised.

I was amazed at the holistic approach and range of knowledge of my counsellor. She fully embraced my non-binary identity and helped affirm positive steps along that journey.

In the 15 months of outstanding free weekly support, I progressed so much thanks to Penumbra. I rediscovered a love for running and art, joined groups and have begun working with an employability agency.

I couldn't have done of this without Penumbra, and as a small token of thanks, I completed a recent 13k Kilomathon run to raise funds for



Penumbra. I couldn't recommend Penumbra enough for the diversity range and quality of their services."

Since this article was written, Ash has taken part in another running event. The photos attached to this story show Ash taking part in a 10k half marathon last month. To date, we reckon Ash has raised around £850 for Penumbra. Thank you so much, Ash!