

# SIAD: SELF-HARM AND EVOLUTION

- MARIA NARANJO



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## Resource Guide

# About Maria Naranjo

I am Maria Naranjo and I have been working with people who self-harm since 2003. I have developed services to support people affected by self-harm.

At present, work as a consultant with Mind's Well, an organisation that is working towards informing, research, support, and awareness raising in this field.

Our model is to use education and peer support to help those affected by self-harm, including families/Friends, and professionals.



**Maria Naranjo**

# Event Details

1st of March marks Self-Injury International Awareness Day. The amount of Young people worldwide who engage in self-harming behaviours such as self-injury, eating disorders, severe self-criticism, and other behaviours considered damaging to the individual, have reached epidemic proportions.

In this talk, we will propose the theory that there is an evolutionary advantage to this behaviour, it is a reflection of an ill society that isolates its members.



# Contact

[www.mindswell.org.uk](http://www.mindswell.org.uk)



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