

Are you an adult struggling with **self-harm**?

Are you based in **England**?

Would you like to speak to
someone who understands?

FRESH



You're not alone

Whether this is your first contact with Battle Scars or you're already familiar with our services you can self-refer for a one-off **phone chat with a peer.**

Self or professional referrals via the Battle Scars website

FRESH approach

FRESH perspective

A project by



Support for people of all ages and genders who struggle with self-harm

www.battle-scars-self-harm.org.uk

It was such a relief to be able to openly speak about self-harm with someone who understands!

