



UK-wide support for anyone of any age or gender who self-harms (causing harm to own body or mind), as well as those who support them.



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Face-to-face, virtual, online & phone peer support

**"I'd be lost without Battle Scars"**

No waiting lists  
No time limits

Neurodivergent & LGBTQ+ friendly

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Face-to-face & virtual support for family, carers & friends

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*"What an amazingly supportive community!"*

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[www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)  
[info@battle-scars.org.uk](mailto:info@battle-scars.org.uk)  
07410 380747

Onward Mental Health & Wellbeing Hub  
Onward House  
Millshaw Park Way  
Leeds LS11 0LS

Registered charity  
England & Wales No 1177020  
Scotland SC052466



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Every Single One Of Us Matters

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You're Not Alone

