



Battle Scars

Onward Mental Health & Wellbeing Hub

**Onward House,
Millshaw Park Way,
Leeds LS11 0LS**

07410 380747

**GROUP MEETS
every 2 weeks
on FRIDAYS
12.30-2PM**

**OPTIONAL
SOCIAL TIME
Games, crafts
& chat
11-12.30pm
& 2-2.30pm**

**No booking
No referral
No assessment
Just drop in**

**Peer Support for people
OVER 50
who self-harm eg:
scratching, self-neglect,
misusing medication,
disordered eating,
self-isolation**

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