



# Battle Scars

[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 (info & admin)



*Battle Scars gives me a space where I can be me*

*It is great to finally talk to people who understand and not to be judged*

Supporting people of all ages and genders who are affected by **self-harm**

*The groups are inclusive, welcoming and supportive. The people help you feel you are not alone.*

**Do you self-harm - from scratching and cutting to overdosing, eating disorders, self-neglect and obsessive negative thinking?**

**Do you struggle with urges or self-harm addiction?**

**Are you a parent, partner, friend of someone who self-harms?**

**Are you trying to understand self-harm?**

**Are you a professional or volunteer who works with people who self-harm?**

*I would be lost without Battle Scars*

**We offer services such as peer support groups, on-line peer support, workshops, training, support for parents, schools and other organisations.**

**Useful resources, updates & information on our website**



*Battle Scars is a survivor led organisation  
Registered charity in England & Wales  
No 1177020*

