

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

Are you based in **West Yorkshire**?

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.**

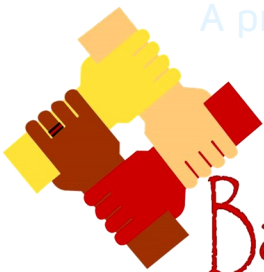
*Self or professional referrals via the Battle Scars website*

**FRESH** approach

**FRESH** perspective

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

A project by



**Battle Scars**

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

[www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

