



Self-harm peer support groups for adults at various locations, daytime & evening

Groups are run by survivors and are safe, confidential, non-judgmental spaces to open up, learn, explore and get support.

- **These groups are for anybody who self-harms according to the Battle Scars definition: any harm done to the body or mind, internal or external, with short or long-term effect**
 - **Professionals are welcome, please notify us first by emailing: info@battle-scars.org.uk (not required if you're supporting someone to attend)**
- No booking or referral required, just drop in. Groups are ongoing
- Please check website for dates and locations

Please check our website: www.battle-scars-self-harm.org.uk for:

- online and face-2-face adult peer support
- 16-25s face-2-face peer support group
- 50+ face-2-face peer support group
- contact by phone with one of our peer workers
- useful resources, workbooks and downloads
- support for parents, family, carers, of people who self-harm
- training for professionals on self-harm or eating disorders

Onward House,
Millshaw Park Way,
Leeds LS11 OLS
07410 380747 (admin & info only)
info@battle-scars.org.uk

Registered charity in England & Wales 1177020
Registered charity in Scotland SC052466

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



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