

I've never been before, can I come?

Of course. New members are always welcome. We are used to members being shy, scared or extremely anxious. The facilitators will do their best to help you feel comfortable, help you relax and hopefully enjoy the group.

Do I need to come every time?

No, you can attend when you want to or need to. But we do recommend you attend as often as you can.

Will I be asked to stop self-harming?

No. We focus on the management of self-harm and on supporting anybody who is struggling. It's always your choice what you get out of the group. What we aim to provide you with is acceptance, empathy and a safe space in which to explore your behaviour as well as show you different tools to build yourself stronger in order to cope with life better.



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Survivor led
self-harm

peer support groups

www.battle-scars-self-harm.org.uk
info@battle-scars-self-harm.org.uk
07410 380747 (admin & info only)

Who are these groups for?

Our peer support groups are open to anybody over 18 who has been affected by self-harm: if you self-harm now or no longer self-harm but still struggle with urges, if your partner, child, friend etc. self-harms and you want to support them, if you're a professional who



comes across people who self-harm through your work and are trying to understand self-harm. We provide safe, non-judgemental spaces to open up, learn, explore and share.

What do Battle Scars consider self-harm?

Any external physical self-harm like cutting, scratching, burning, pulling hair, hitting etc. Any internal self-harm like self-poisoning, overdosing, inserting objects etc. We consider all eating disorders as self-harm such as anorexia, bulimia and binge eating but also any food or drink related self-destructive behaviour, for example, overeating or restricting liquids when distressed.



In our definition of self-harm we include psychological harm to the self such as obsessive negative thinking, overthinking, sabotaging relationships, repeatedly creating damaging relationships etc.

We do not include drug and alcohol abuse – even though we recognise them as self-harm – because we are not experts in these. But if you self-harm in the above methods and also use drugs and

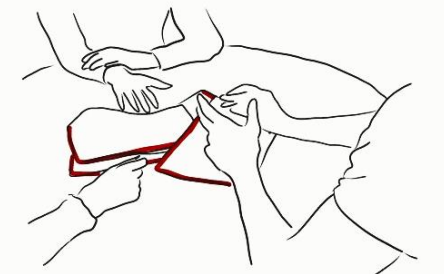
alcohol, then you are welcome to our groups (please make sure you only attend when sober).

When do the groups take place?

We run groups at different locations and different times (lunchtime, mid-afternoon and evening). Each group runs every 4 weeks. You can attend whichever you like and as many as you wish in the 4 weeks. Most groups are out of sync so we do different activities. The best place to get up to date information, dates and locations is our website.

How do the groups work?

We always have a theme to work on and discuss and we use different methods like working individually, in pairs or small groups, with games or craft activities. We always try to have a laugh – self-harm is serious business but laughter is the best medicine.



You do not have to speak or take part in the discussions or activities. We will invite and encourage your participation but we'll never force you. You can always speak to the group facilitators if you struggle or if you're feeling uncomfortable.

Do I need to book?

No booking or referral is required. You can attend whichever group you wish and as many as you wish. You can bring a friend, relative or a support worker with you. You do not need to attend all of them. Come when you feel like it.