



Self-harm peer support groups (18+)

These groups are run by survivors and are a safe, confidential, non-judgmental space to open up, learn, explore and get support. Who are these groups for?

- Anybody who physically self-harms (cutting, burning, scratching, overdosing, poisoning, hitting, eating disorders etc.)
- Anybody who psychologically self-harms (neglect, obsessive negative thinking etc.)
- Professionals welcome, please notify us first by emailing info@battle-scars.org.uk (not required if you're supporting someone to attend)

All groups take place every 4 weeks.
No booking or referral required, just drop in.
Groups are ongoing

Please check website for dates and locations
www.battle-scars.org.uk or use QR code above

- Please check our [website](http://www.battle-scars.org.uk) for:
- virtual & online support
 - 16-25s f2f peer support group every Monday evening
 - useful resources and downloads
 - virtual group for parents/family of people who self-harm
 - training for professionals on self-harm or eating disorders



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

Email: info@battle-scars.org.uk

Tel (admin & info only): 07410 380747

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