



## 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.)
- Anybody trying to understand self harm (e.g. parents/carers of people who self-harm and professionals dealing with people who self-harm)

All groups take place every 4 weeks. No booking or referral required, just drop in. You can attend as many as you'd like in the 4-week period. Groups are ongoing

### Wednesday 13 July 2022

6.20-8.30 pm

#### Lovell Park Hub

Wintoun Street

Leeds

LS7 1DA

### Tuesday 19 July 2022

6.20-8.30 pm

#### Vale Circles Hub

12 Tunstall Rd

Leeds

LS11 5JF

### Future dates:

10 August 2022

16 August 2022

7 September 2022 & every 4 weeks

13 September 2022 & every 4 weeks

Please check our [website](#) for:

[website](#)

- 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



compact for leeds  
public and third sector  
working together for the people of leeds

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

Email: [info@battle-scars.org.uk](mailto:info@battle-scars.org.uk)

Tel (admin & info only): 07410 380747

Registered charity in England & Wales 1177020