



Self-harm support groups (18+) Leeds

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

<u>Thu Mar 5th</u>	<u>Mon Mar 9th</u>	<u>Wed Mar 18th</u>	<u>Thu Mar 19th</u>	<u>Tue Mar 24th</u>
6.20-8.30 pm	12.30-2.30 pm	6.20-8.30 pm	12.30-2.30 pm	12.30-2.30 pm
<u>Lovell Park Hub</u>	<u>Stocks Hill Hub</u>	<u>Vale Circles Hub</u>	<u>City Centre</u>	<u>Seacroft Comm.</u>
Wintoun Street Leeds LS7 1DA	Chapel Lane, Armley Leeds LS12 2DJ	12 Tunstall Rd Leeds LS11 5JF	<u>Comm. Hub</u> Merrion House, Merrion Way, Leeds LS2 8BB	<u>Hub</u> Deacon House 1 Seacroft Ave Leeds LS14 6JD

Future dates:

2 April 2020	6 April 2020	15 April 2020	16 April 2020	21 April 2020
30 April 2020	No May group	13 May 2020	14 May 2020	19 May 2020

- Please check our [website](#) for:
- specific services for under 18's, parents/family and professionals
 - useful resources and downloads
 - group in Wakefield

Please see website for map or email/ring us for more information

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

Email: info@battle-scars-self-harm.org.uk

Tel for information only: **07410 380747**

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