



# Self-harm peer support groups (adults)

## Various locations, daytime & evening

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](mailto: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  
[www.battle-scars.org.uk](http://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
  - contact by phone with one of our volunteers
  - useful resources and downloads
  - support 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](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

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