



Managing self-harm

Free workshop for young people (11-18) delivered in house (schools, colleges, etc.)

For young people who self-harm (cutting, burning, overdosing, eating disorders, hair-pulling etc.) who would like to understand their behaviour, learn to manage it and hopefully stop it.



Battle Scars is a Leeds-based survivor-led, survivor-run organisation. This workshop will be run by staff and/or volunteers with personal experience. We currently only deliver this in Leeds but please keep checking our website for when it becomes available in other areas.

Group size: 6-10. Groups can be made up of young people of the same age or mixed ages (11-16 or 17-18). The workshop is full of activities and games to encourage learning and discussion in a safe space. Topics covered are how to disclose self-harm and build a support network, myths and realities, identifying triggers and urges, using distractions, dos and don'ts. We suggest our booklet is given to the young people to provide them with information about this workshop so they can make an informed decision on whether they'd like to attend (visit <http://www.battle-scars-self-harm.org.uk/under-18s.html> to download). We also do "my story" school assemblies on self-harm and eating disorders.

For further information or to discuss booking this workshop please contact us.

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