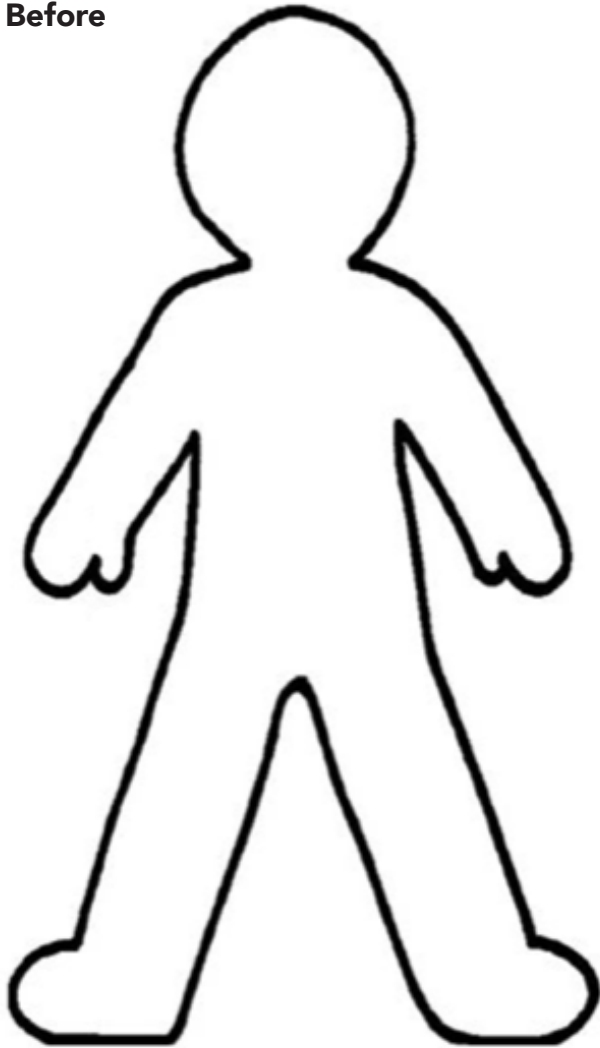


# Before, during and after self-harm

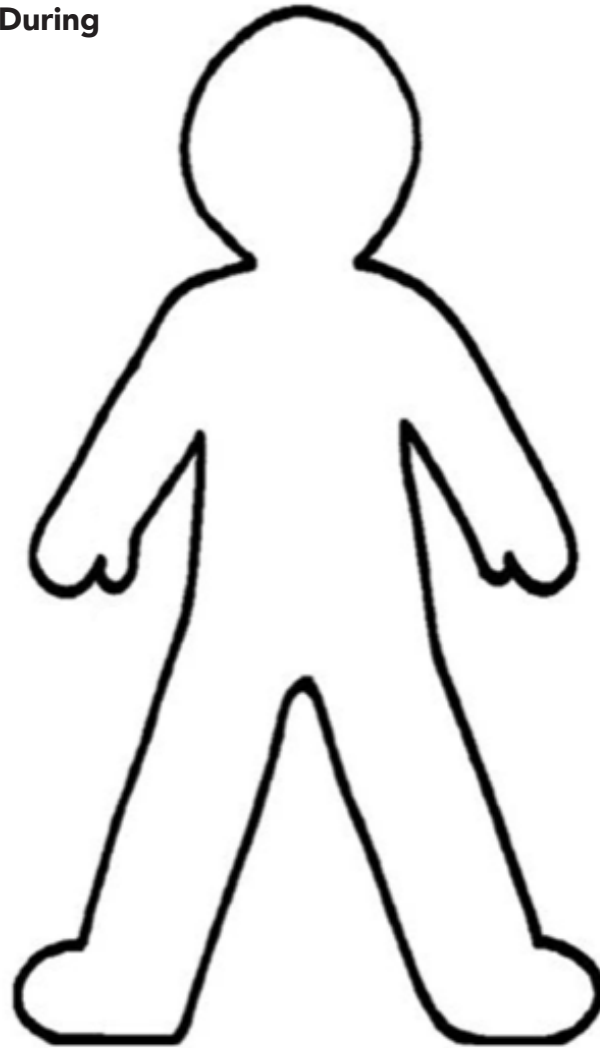
Write, draw or colour in how you feel.



**Before**



**During**



**After**

