



Battle Scars

Self-harm peer support groups for adults at various locations, daytime & evening



Groups are run by survivors and are safe, confidential, non-judgmental spaces to open up, learn, explore and get support.

- **These groups are for anybody who self-harms according to the Battle Scars definition: any harm done to the body or mind, internal or external, with short or long-term effect**
- **Professionals are welcome, please notify us first by emailing: 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

Please check our website: www.battle-scars-self-harm.org.uk for:

- **online and face-2-face adult peer support**
- **16-25s face-2-face peer support group**
- **50+ face-2-face peer support group**
- **contact by phone with one of our peer workers**
- **useful resources, workbooks and downloads**
- **support for parents, family, carers, of people who self-harm**
- **training for professionals on self-harm or eating disorders**



Registered charity in England & Wales 1177020
Registered charity in Scotland SC052466

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info@battle-scars.org.uk

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