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BME self-harm support group (18+)

Monday 21 May 2018 12-2 pm

Touchstone Support Centre

53-55 Harehills Ave, Leeds LS8 4EX

This group is run by survivors and is a safe, confidential, non-judgmental space to open up, learn, explore and get support. Who is this group 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)

The aim of the group is:

- To **support** each other
- To **feel better** about ourselves
- To **open up, share and learn**
- To find ways to **manage** self-harm

No booking required

Future dates:

25 June 2018

23 July 2018

20 August 2018