



## Understanding self-harm

### FREE café-style discussion group – 3 sessions available

Are you the **parent, carer, sibling, close friend** (must be over 18) of someone who self-harms? Do you want to try to understand self-harm and know how to help?

Battle Scars is a survivor-led organisation. Jenny Groves, the Battle Scars founder and CEO, will be facilitating this session to help provide you with a better understanding of self-harm.

Our definition of self-harm includes anything from cutting to hair-pulling and from overdosing to eating disorders.



#### **Wednesday 9 Oct 2019**

6.30 - 8.30 pm  
Lovell Park Hub  
Wintoun Street  
Leeds  
LS7 1DA

#### **Saturday 26 Oct 2019**

2 - 4 pm  
Vale Circles Hub  
Tunstall Road Com. Centre  
12 Tunstall Rd  
Leeds, LS11 5JF

#### **Saturday 23 Nov 2019**

2 - 4 pm  
Stocks Hill Hub  
Chapel Lane  
Armley  
Leeds, LS12 2DJ

Refreshments provided. Free parking available at all hubs (for Lovell Park Hub please ask facilitators for parking permit). Booking is essential and you can attend as many as you wish. To book please visit our website:

<http://www.battle-scars-self-harm.org.uk/understanding-self-harm.html>

Please check out our website for our Understanding mental health session for family/friends and for more information on our other services.

This is aimed at non-professionals who support a loved one. If you are a professional and wish to know more about self-harm please check out our training on our website. Please do not attend this session.

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