



Self-harm support groups (18+)

Wakefield

Wednesday 23 October 2019 12.30-2.30 pm

Wakefield Sea Cadets building

Thornes Lane, Wakefield WF1 5QW (venue & possibly dates will be changing, please check our website for info before attending)

Entrance through the double metal gates and around the back.

Parking past the building to the right. Map and instructions on our website

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)

No booking or referral required, just drop in

Future dates (every 4 weeks - ongoing):

20 November 2019, 18 December 2019, 15 January 2020 etc.

- Please check our website for:
- specific services for under 18's, parents/family and professionals (mostly Leeds but can be delivered at other locations)
 - useful resources and downloads
 - groups in Leeds

Please see website for maps or email/ring us for more information

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

Email: info@battle-scars-self-harm.org.uk

Tel for information only: **07410 380747**

Registered Charity No 1177020

Funded by:

**the
Tudortrust**

