

**SELF
HARMING?**

**WE'RE
HERE FOR YOU**



IT'S OK TO ASK FOR HELP

It's OK to ask for help- and help is out there. You don't have to do this alone.

We offer free, confidential one-to-one sessions with one of our practitioners by video, phone or in person at a time that is good for you.

You can talk to our team about anything - no judgement here.

We'll give you some simple tools you can use when you really need them.

We're here to help you to feel safe.

Text or WhatsApp us on 07725 425 727 or call 01484 866 727 for more information.

**You must be over 18 to access this service.
This isn't an emergency number.
If you're in crisis call 01924 316830**