

Self harm. Fear, guilt, anxiety, anger, frustration and distress. Carers and professionals feel these emotions too.

We believe that by supporting the carers and professionals that help people who self harm, we are ensuring that the person in distress will get a better level of support, care and service.

We can provide confidential support, information and flexible training packages for those who come into contact with people who self harm.



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support - information - training - consultancy