

# Harmless provides a range of services:

## Support

We can provide support by email and post, and some face to face services for people who self harm, their friends, families and professionals. This is a confidential service provided by trained individuals who have a strong understanding of self harm. We believe that it is so important that everyone gets the rights support at the right time for them.

## Information

We produce a number of leaflets and publications, a DVD and a workbook about self harm aimed at improving awareness of self harm, challenging stigma, and helping people move towards a better quality of life.

## Training

We provide a range of training opportunities for anyone who comes into contact with people who self harm. The training is designed to meet your individual learning needs, and combines a range of learning styles to promote greater awareness about self harm and greater ability to support those who self harm. Please contact us to discuss your training requirements.

## Consultancy

We offer a consultancy service to advise and inform services and the media about self harm, to promote improved awareness, understanding, policy and service delivery.

## Contact Us

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Supported by





Self harm does not discriminate. Neither do we.



# Harmless

support - information - training - consultancy



Harmless is an organisation that understands self harm. We provide a range of services for people who self harm, their friends, families and professionals, and we believe in hope and recovery.