

Self harm does not discriminate. Neither do we.

Individuals who self harm often face discrimination, shame and isolation. We understand self harm and believe that recovery is possible for everyone and we can offer you confidential support and information to help you to achieve this.

We can also provide confidential support, information and training for family, friends or professionals who know someone who self harms.

Please contact us if you need any help or have any questions you need answering.

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 **The National Lottery**[®]
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 **Harmless**
support - information - training - consultancy