

## Do you self harm?

## Have you ever self harmed?

Would you like to be involved in the development of a user-led organisation for people who self harm?

We provide support, information, training and consultancy to people who self harm, their friends, families and professionals.

We are looking for individuals from all backgrounds, with experience of self harm to be part of our advisory group.

Could you advise us on leaflets and resources? Could you help us develop our support services and training packages?

We are looking for volunteers that will be willing to communicate either face to face, by post or email and be available 4-6 times a year. All contributions will be strictly confidential.

If you think you can help please contact us for more information.

Please fill in this form or contact us for more information.

Would you like  to volunteer?  
 more information?

Full Name.....

Address.....

.....

.....

Postcode.....

Date of Birth.....

Email Address.....

Phone Number.....

Preferred method of contact

- Face to face  
 Post  
 Email

### Equal Opportunities

Ethnic Origin.....

Sexuality.....

Disability  Yes  No

If yes please state.....

Mental Health Difficulty  Yes  No

If yes please state.....

Please send your form to the address below, thank you.