



Self harm does not discriminate. Neither do we.



# HARMLESS

support | information | training | consultancy



Harmless is a user led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals.

Harmless was set up by people who understand self harm and at the heart of our service is a real sense of hope. We know that with the right support and help life can get better.

## Harmless provides a range of services:

### Support

Harmless provide short and long term face to face therapy, Skype therapy, regular drop in sessions, and email or postal support for individuals who self harm, their friends, families and professionals. It is important that everyone gets the right support at the right time.

### Information

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

All our resources, including a DVD, Workbook and Policy Guidance, are available from our online shop ([www.harmless.org.uk/store](http://www.harmless.org.uk/store))

### Let's Talk Training

We provide a range of both bespoke and standardised accredited courses across the UK. Training is levelled and therefore suitable for anyone who supports or works with individuals who self harm. Courses are both research led, and evidence based with service user informed insight to enhance the learning experience. Our aim is to equip everyone with the confidence and skill to be able to respond and support someone in distress.

Speak to the team today [training@harmless.org.uk](mailto:training@harmless.org.uk)

### 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.



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[@HarmlessUK](https://twitter.com/HarmlessUK)

### Contact us

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