

“

Self harm doesn't discriminate...



...neither do we!


”

Therapy
Support
Drop-in
Group work

To speak to our friendly team:

 info@harmless.org.uk

 www.harmless.org.uk

 PO Box 10770, Nottingham, NG8 9PF

 **HARMLESS**
support | information | training | consultancy

Harmless is a self harm service, established in 2007 by people who have personal experience of self harm. Since then we have helped thousands of individuals towards recovery.

Whatever your age and whatever your experiences, our friendly, qualified and experienced team will find a way to help.



Our team of therapists deliver **long and short term therapy** to suit your needs. They will assess your needs, offer you **weekly appointments** and work with you to overcome your difficulties **at your pace**. Our therapy team have helped many people to **move towards recovery**.



Meet once or regularly with our project team to get some help both **emotionally and practically**. Whether you are in crisis or just need some informal help, you can get the **support you need from our team**.



We run **informal sessions** where you can just call in for a cuppa and a chat, whether you need a bit of **extra support** during the week or you want advice about a specific issue- **come along and say hi!**



We offer a **range of group therapy** options. Run by two of our team, you can access effective help in a **supportive group environment**, with others who have shared experiences.