

SELF HARMING?

WE'RE
HERE FOR YOU



IT'S OK TO ASK FOR HELP

**It's OK to ask for help- and help is out there. You
don't have to do this alone.**

**We offer free, confidential one-to-one sessions with
one of our practitioners by video, phone or in person
at a time that is good for you.**

**You can talk to our team about anything - no
judgement here.**

**We'll give you some simple tools you can use when
you really need them.**

We're here to help you to feel safe.

**Text or WhatsApp us on 07725 425 727 or call
01484 866 747 for more information.**

**You must be over 18 to access this service.
This isn't an emergency number.
If you're in crisis call 01924 316830**