

Wednesday, 12 March 2025

[Health and Social Wellbeing Improvement](#)



This leaflet offers information and advice for people who have self-harmed and their families, carers or friends. It will help people understand more about self harm and how to get support.

## Details

Format

A5 12 pages

Target group

This leaflet is aimed at people who self-harm and their families/carers/friends.

## Downloads

Attachment	Size
<a href="#">Improving the lives of people who self-harm 03.25.pdf</a>	494.43 KB

## Tags

- [self harm](#)
- [self-harm](#)

[Print](#)