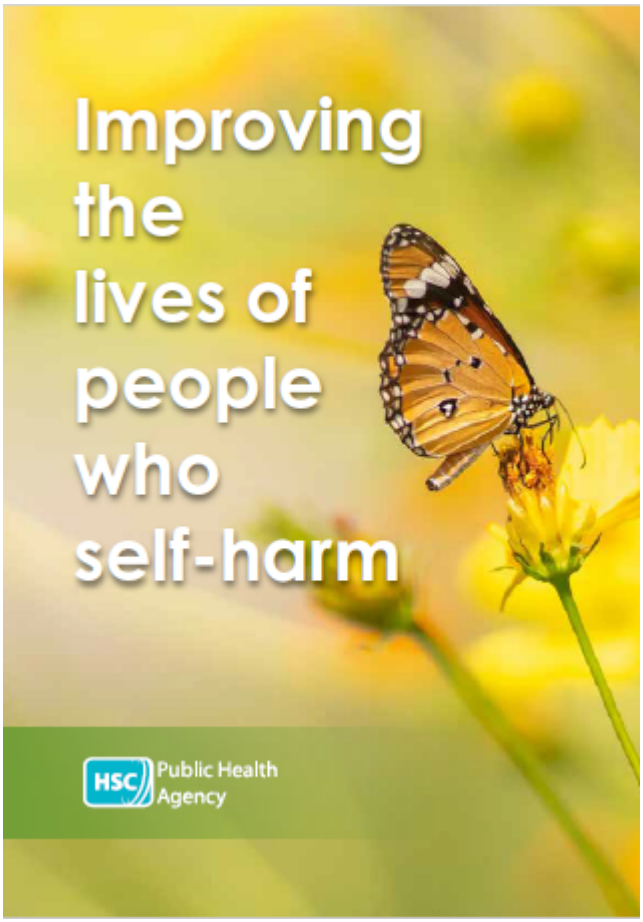

Improving the lives of people who self-harm

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.

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12 March 2025
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Details

Format

A5 12 pages
Target group
This leaflet is aimed at people who self-harm and their familes/carers/friends.

Downloads

Attachment	Size
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