Wednesday, 04 March 2015

Health and Social Wellbeing Improvement



A guide for people who have self-harmed or may have mental health/emotional problems

Details

Format

A5 12 pages

Target group

This leaflet is aimed at people who self harm and their familes/carers/friends. It will help people understand more about self harm and how to get support.

Downloads

Attachment

Size

Improving the lives of those who self-harm.pdf 270.87 KB

Tags

- self harm
- self-harm

Print