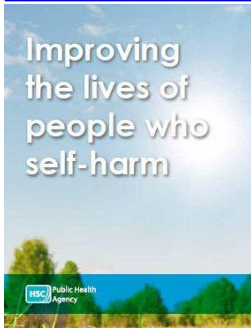


Wednesday, 04 March 2015

[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 families/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](#)

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