

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

[Improving the lives of people who self-harm 03.25.pdf](#) 494.43 KB

Tags

- [self harm](#)
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