



Battle Scars

UK-wide support for anyone of any age or gender who self-harms (causing harm to own body or mind), as well as those who support them.

Face-to-face, virtual, online
& phone peer support

**"I'd be lost without
Battle Scars"**

No waiting lists
No time limits

Neurodivergent &
LGBTQ+ friendly

Face-to-face & virtual support
for family, carers & friends

**"What an amazingly
supportive community!"**

www.battle-scars-self-harm.org.uk
info@battle-scars.org.uk
07410 380747

Onward Mental Health
& Wellbeing Hub
Onward House
Millshaw Park Way
Leeds LS11 0LS

Registered charity
England & Wales No 1177020
Scotland SC052466



Every Single One Of Us Matters
You're Not Alone





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