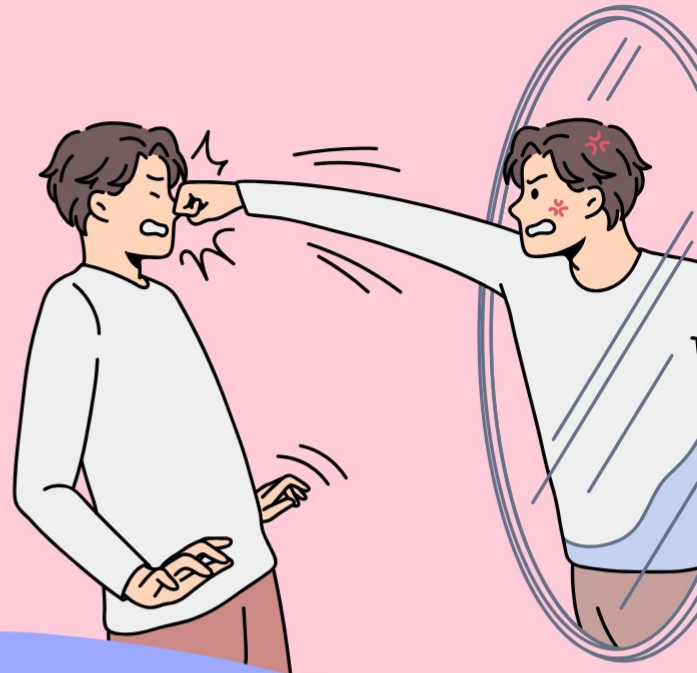




**SAFE**  
CONNECTIONS

LOCAL SUPPORT  
FOR PEOPLE  
FACING SUICIDE

# SELF-HARM AWARENESS WORKSHOP



**Join us on Thursday the 7th of December  
between 1 - 2pm**

**This workshop explores:**

- Our own reactions to and perceptions of self-harm
- What self-harm is and how it can present
- Why people self-harm and what it can mean
- How we can help and support in the immediacy
- What support is available

**For more information, or to register  
to attend, please contact:**

**[safeconnections@mindthnr.org.uk](mailto:safeconnections@mindthnr.org.uk)**