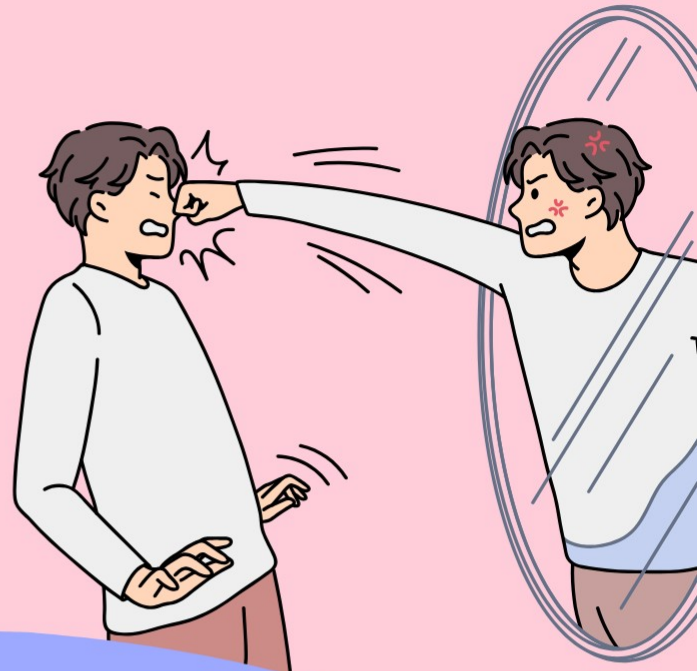




LOCAL SUPPORT
FOR PEOPLE
FACING SUICIDE

SELF-HARM AWARENESS WORKSHOP



**Join us on Tuesday the 19th of March
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