MHM Wales

Supporting people affected by mental health through

Self-Harm Self-Help

1st & 3rd Monday of every month (exc. Bank Holidays) 6:30pm - 8pm

MHM Wales, Union Offices, Quarella Road, Bridgend. CF31 1JW

Our Self-Harm Self-Help group is for anyone aged 16+ who:

- Has personal experience of self-harm and would like to learn alternative coping strategies
- Used to harm and would like to share your experiences to help others
- Are parents or carers of someone who harms and want to know how you can help
- Are professionals who wish to gain a deeper understanding of self-harm from people with lived experience
- Would like to raise awareness and challenge the stigma around self-harm

This is a friendly, informal and non-judgemental group where you are free to disclose as much or as little as you want. You will receive ongoing support for as long as you need it. There is no pressure to stop harming, we will share with you the techniques used to reduce harm and discuss alternative coping mechanisms that could work for you.

If you would like to find out more about the self-harm self-help group, please contact:

Karen Powell on 01656 767 045 | *karen.powell@mhmwales.org*

Alun Fletcher on 01656 651 450 | *alun.fletcher@mhmwales.org*

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