

Self-harm Carer Support Group

A regular virtual group for those caring for someone who self-harms.

Shrinking the stigma, one conversation at a time!



For further services and information:

www.Violetproject.co.uk

Social media page: @VioletprojectUK

The group aims to provide:

- A safe and supportive space to talk about your experience and for others to support you through shared experiences in a safe environment.
- Education and understanding around self-harm and how to support safety.
- A space to talk about your wellbeing and self-care.
- Written information and resources about self-harm.

Group details:

Date: Third Tuesday of every month

Time: 7pm – 8.30pm

Where: Online Zoom*

***To receive the Zoom link please complete referral form on our website.**