



## THE **SAFA** WAY TO GET HELP..

Self-harm does not discriminate and can affect anyone of any age, gender and from all walks of life.

SAFA offers **CONFIDENTIAL, NON-JUDGEMENTAL HELP and SUPPORT TO CHANGE.**

All of our counsellors are registered with the **BACP (British Association of Counselling and Psychotherapy)**. They can provide counselling, psychotherapy and guidance to people who self-harm and also offer support to their family and friends.

YOU ARE **NOT ALONE.**  
THERE IS **ALWAYS HOPE!**

We work with the full spectrum of self-harming behaviours, these include:

- Anorexia
- Bulimia
- Binge / Over Eating
- OCD
- Cutting
- Alcohol / Substance abuse, (Illicit or prescription)
- Body hitting / knocking / punching
- Risk-taking behaviour (purposefully putting yourself at risk)
- Self neglect
- Over working / exercising
- Pulling hair out
- Risky sexual behaviour
- Skin burning / picking

 **01229 832269**  **info@safa-selfharm.com**

# SAFA-SELFHARM.COM