



Onward and Upward

Battle Scars is just a few weeks away from getting the keys to the building that will become our new home, with the new Onward Mental Health Hub expecting to open its doors early 2024.

We've already had some interest from organisations, and there's still time to have more discussions about the space and its potential. We will be holding a few more consultations in the autumn.

If you would like to learn more, please contact me:
jenny.groves@battle-scars.org.uk

JENNY GROVES
Battle Scars Founder & CEO



NEW Discovery Journal

A free workbook for 10-17 year-olds wishing to manage their self-harm.

Instructions on how to order are on our website, and must be ordered by the young person. A PDF copy is also available to download.



<https://www.battle-scars-self-harm.org.uk/workbook-for-10-17-year-olds.html>



SAVE THE DATES 10 & 11 OCTOBER 2 FREE WEBINARS

The Myths & Realities of Self-harm
and
An Introduction to Eating Disorders

Bookings will open via Eventbrite 1 month BEFORE these events

BATTLE SCARS 12-step Self-harm Addiction Programme WORKBOOK

PROFESSIONALS' EDITION



For more information:
www.battle-scars-self-harm.org.uk

FACE-2-FACE SUPPORT GROUPS IN LEEDS

DROP-IN FOR LEEDS YOUNG PEOPLE 16-25s

Lovell Park Hub Wintoun Street,
Leeds LS7 1DX
6.30-8.30pm

Every Monday*

(*not bank holidays)

No booking, no referral, just drop in

DROP-IN FOR LEEDS ADULTS

6.80-8.30pm

Wed 9 Aug at Lovell Park

Hub, Wintoun Street, Leeds LS7 1DA

Tues 15 Aug at Vale Circles Hub

12 Tunstall Rd, Leeds LS11 5JF

No booking, no referral, just drop in

Battle Scars Support Groups in August

Each virtual group
runs every 2 weeks

ADULTS ONLINE PEER SUPPORT 'STANDARD' GROUPS

Mondays 6.30-7.30pm

NEW Tuesday 1-2pm 22 Aug

Wednesdays 6.30-7.30pm

Thursdays 6.30-7.30pm

Fridays 1-2pm

'INBETWEENERS'

an online adult peer support group for people who struggle with self-harm but don't, or rarely, act on their urges

Thursdays 6.30-7.30pm

ONLINE ADULT PEER SUPPORT GROUPS UK-WIDE



**THIS GROUP WILL
HAVE A BREAK IN
AUGUST AND
RECOMMENCE
IN SEPTEMBER**

ONLINE PEER SUPPORT FOR PARENTS / CARERS / FAMILIES / FRIENDS

of people of any age who struggle with self-harm
Alternate Mondays
& Tuesdays 6.30-8pm

