

[Back to listing](#)



Themes: Health and Wellbeing, Mental Health

Aimed at: All People

The aims of this forum are to:

Support individuals who self harm to reduce emotional distress and improve their quality of life

Support and provide information for family and carers of individuals who self harm

Raise awareness of the needs of people who self harm, dispel myths and combat discrimination

Empower and enable those that self harm to seek alternatives to self harm and further help where appropriate

Online Support Forum

The forum provides crisis support, information and resources, advice, discussions and distractions.

Closely monitored, available 24/7

Area: Bassetlaw, Bolsover

Contact Details

<https://www.nshn.co.uk/>

[Back to Listing](#)