

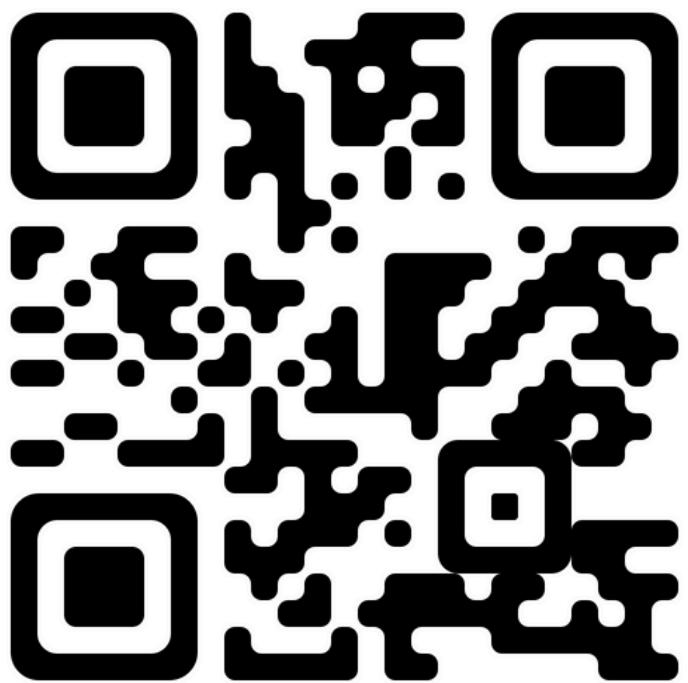
MOVING
TOWARDS A LIFE
FREE FROM
SELF-HARM

ALUMINA

FREE ONLINE SUPPORT FOR 10-17'S

ALUMINA IS A FREE, ONLINE, 7 WEEK
COURSE FOR YOUNG PEOPLE AGED 10-17,
STRUGGLING WITH SELF-HARM.

TO FIND OUT MORE ABOUT ALUMINA
FOLLOW QR OR VISIT SELFHARM.CO.UK



"THE SUPPORT I HAVE HAD OVER THE LAST 7 WEEKS HAS
HELPED ME TO UNDERSTAND AND TALK ABOUT SELF-HARM
IN A SAFE ENVIRONMENT, AND THE ALUMINA STAFF WERE
NON-JUDGMENTAL, VERY KIND AND OPEN MINDED. I FOUND
MYSELF REALLY LOOKING FORWARD TO EACH SESSION."

YOUNG PERSON

