

ALUMINA IS A PROJECT OF

Youthscape

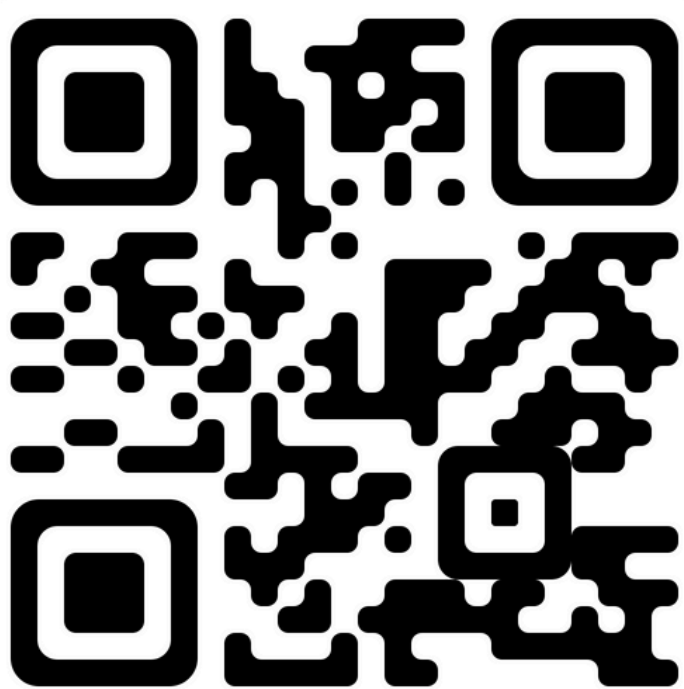
MOVING
TOWARDS A LIFE
FREE FROM
SELF-HARM

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](https://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

