

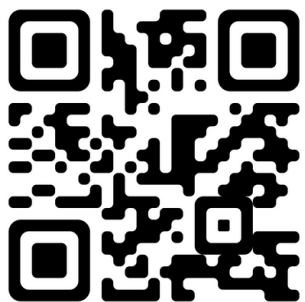
*Youthscape*

FREE ONLINE  
SUPPORT FOR  
10-17'S

# ALUMINA

*Struggling with self-harm?*

TO FIND OUT MORE  
ABOUT ALUMINA  
FOLLOW QR



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

THE COURSES TAKE PLACE ON DIFFERENT EVENINGS OF THE WEEK  
AND ARE RUN BY FRIENDLY, TRAINED COUNSELLORS AND  
VOLUNTEER YOUTH WORKERS.

NO-ONE WILL SEE OR HEAR YOU DURING THE SESSIONS – YOU'LL  
JUST JOIN IN VIA THE CHATBOX.

WE WANT TO HELP YOU TO FIND YOUR NEXT STEPS TO LIVING A  
LIFE FREE FROM SELF-HARM.

