

Harmless Transcript

MARKETING DESCRIPTION: Introduction to the services which are offered by Harmless and how to access them.

WEBSITE: <http://www.harmless.org.uk/>

Struggling with self-harm or suicidal thoughts?

Harmless based in Nottingham & support those who struggle with self-harm & suicidal thoughts

Talk to someone if you are struggling with self-harm or suicidal thoughts

Talk to your personal tutor your support & well-being service

Come to us directly. Visit our website to find coping strategies for people who self-harm

We provide practical support & offer free therapy

Remember if you need support talk to someone we are here to help

Contact us on 0115 880 0285

INFO@HARMLESS.ORG.UK