



No Secrets

Supporting those affected by self-injury

For more info contact us:

<http://nosecrets.moonfruit.com>

Call 07846889300 (Wigan)

Call 07863736647 (St Helens)

Kerri86@gmail.com

Self-injury

You are

not alone...

Talk about it

with **NO SECRETS!**

Many people use self-injury/self harm as a way of dealing with very difficult emotions. Many assume it is attention seeking when in fact most of those who self-harm don't tell anybody about it.

Lets help those affected to come forward and get the help they need and deserve. Don't be afraid of talking about self-injury; it's nothing to be ashamed of and it should be taken seriously.

If you or somebody you know needs help please contact NO SECRETS for support. Groups currently meet in St Helens and Wigan and are open to anybody over 16yrs.