Battle Scars

Are you supporting someone who self-harms in a personal or professional capacity, or interested in our work?

FREE SELF-HARM SEMINAR

THU 19 FEBRUARY 2026
19:00-20:00

Onward
Mental Health & Wellbeing Hub

ONWARD HOUSE
MILLSHAW PARK WAY
LEEDS LS11 0LS

Free parking
Refreshments provided
Booking essential
Must be over 18 to attend

Find out about volunteering with us, our services & resources