



RISE Sheffield Self harm support group

We are RISE Sheffield, a friendly self harm peer support group. We are based in Sheffield but you don't need to be local to join us.

We welcome everyone that self harms, thinks of self harm or those that would like to know more.

New members are warmly welcomed

We meet

The first Tuesday of every month via Zoom.

For details on how to join or further information, contact us:

**risesheffield@rethink.org
07593 591938**

For further information on Rethink Mental Illness
Phone 0300 5000 927
Email info@rethink.org