



Community Voice: Needs Must/Pan Fo Angen Information Event

**Come and join us for chat and discussion from
11am, Tuesday 23rd December, 2014**

**We aim to dispel some of the myths surrounding Self Harm
and listen to your experiences on services received.**

**Self-harm is an umbrella term for any behaviour, action or habit, which
can cause damage to your health or physical appearance.**

This could be anything such as:

- **Cutting, burning, biting**
- **Substance abuse**
- **Head banging and hitting**
- **Picking and scratching**
- **Pulling out hair**
- **Eating disorders**
- **Over dosing and self-poisoning**
- **Excessive body mods eg. piercings, tattoos, plastic surgery**

**Join us outside of the Pharmacy and
have your voice heard!**

