



**MHM WALES**



**S H A R E**

# SHARE

## **Self-Harm Awareness, Recovery, and Education**

**You don't need to break the cycle of Self-Harm alone.**

**SHARE** provides a place for free self-expression, open and frank discussion about self-harm, and a supportive and friendly environment in which to explore alternative coping strategies and techniques to reduce reliance on self-harm.

**Groups are for ages 16+ and take place Wednesdays, 4:30pm - 6pm**

At

**MHM Wales, Union Offices, Quarella Road, Bridgend. CF31 1JW**

**SHARE** is also available Monday - Friday 10am - 4pm  
to provide telephone or email information

For more information call SHARE on (01656) 651 450  
or email [share@mhmwales.org](mailto:share@mhmwales.org)