

JUST 'B'

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Springwell Leeds – Useful Links

Self harm:

The workbook on Battle Scars is good:



Friendships:



Having difficult conversations:

For adults:



For children and young people:



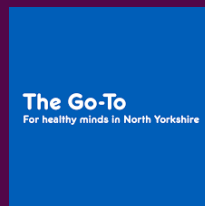
General MH:



Support for Parents:



LGBTQ+ support



Anxiety:



Suicide Support:

