



ALUMINA

ALUMINA IS A FREE, ONLINE 7 WEEK COURSE FOR
YOUNG PEOPLE AGED 10-17, STRUGGLING WITH
SELF-HARM.

WE WANT TO HELP YOU TO FIND YOUR NEXT STEPS TO
LIVING A LIFE FREE FROM SELF-HARM.



SELFHARM.CO.UK

HELLOALUMINA@YOUTHSCAPE.CO.UK

ALUMINA IS NOT A CRISIS SERVICE.
PLS CONTACT WWW.THEMIX.ORG.UK
TEXT: 85258 IF YOU NEED
IMMEDIATE HELP



