

Rise Sheffield



## RISE Sheffield - Self Harm Support Group

We are Rise Sheffield, a self harm support group based in Sheffield. You are welcome whether you self harm, have thoughts about self harm, know someone who self harms or simply just want to learn more about self harm.

**How to find us**  
Ranmoor Parish Centre  
5 Ranmoor Park Road  
Sheffield  
S10 3GX

*To attend the group  
contact us*  
07593 591938  
risesheffield@rethink.org

For further information on  
Rethink Mental Illness  
Phone 0300 5000 927  
Email [info@rethink.org](mailto:info@rethink.org)



[rethink.org](http://rethink.org)

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