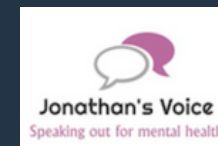


See What I'm Saying?

We are interested in understanding what 'recovery' - in relation to self-harm and suicidal thoughts and behaviours - means to different people. We hope to create an online gallery of recovery images.

Please use the space on the reverse of this postcard to share what recovery means to you, and the space below to provide a brief description of your piece and the meaning behind it.

Submissions can be posted to: See What I'm Saying? Self-Harm Research Group,
School of Psychology, University of Nottingham, University Park, Nottingham, NG7 2RD, UK or e-mailed to
emma.nielsen@nottingham.ac.uk

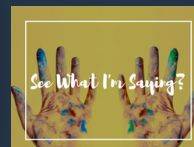
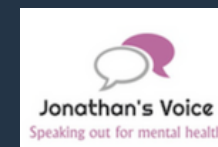


See What I'm Saying?

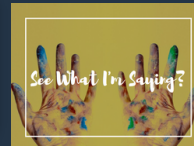
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Recovery is...



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