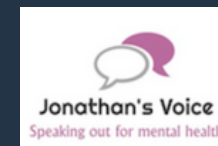


See What I'm Saying?

We are interested in understanding what helps people with lived experience of self-harm and/or suicidal thoughts and behaviours to feel safe. We hope to create an online gallery of images.

Please use the space on the reverse of this postcard to share what helps you to feel safe, 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

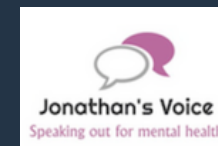


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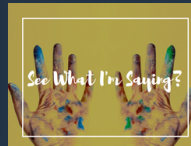
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Things, people or places that help make
me feel safe...



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