



#stayathome



Our SHARE and SORTED peer support groups continue to run via zoom to ensure we can still be there for on going support for self-harm and eating disorders.



SORTED

**Peer 2 Peer
Support for
people with all
types of eating
disorders**

**Zoom meetings take place every
Monday from 5:30pm - 7pm**

**Follow MHM Wales on Facebook for
meeting ID**

**For more information on eating disorders,
email Donna**

donna.mason@mhmwales.org



SHARE

**You don't need to
break the cycle of
self-harm alone**

**Zoom meetings take place every
Wednesday from 4:30pm - 6pm**

**Follow MHM Wales on Facebook for
meeting ID**

For more information on self-harm, email Alun

alun.fletcher@mhmwales.org

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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>

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