



I need help with...

HARMING BEHAVIOURS

Here are some useful links



SELF HARM UK

Self harm UK (11-19yrs)
07537 432 444 or one to one
online peer support
info@selfharm.co.uk

THE MIX

Expert advice and blogs on self-harm, loads of articles on recovering from self-harm, breaking the self-harm stigma and self-harm as a way of coping.

MIND

Mind website – games and puzzles for distraction

NSHN

Distractions for self-harm, loads of different ideas recommended by young people who have experienced self-harm

CASS

Women's Self Injury Helpline Aims to offer emotional support to girls and women of any age affected by self-harm, as well as their friends, families and carers. They also run a service called TESS – Text and E-mail Support Service,

SELF HEAL APP

Once you download the app you get three options: what to do now, what to do in the longer term or contact The Samaritans. It also has a toolbox of resources and allows users to collect pictures, quotes and distraction tasks that they believe will be of most benefit to them.

DISTRACT APP

Very good for signposting to other services, and has some self-harm educational information as well as links to Art, Books and Films.

CALM HARM APP

A lovely App which suggests ideas that you can do when you have the urge to self-harm. You can add your own ideas too.

EATING DISORDERS

Here are some useful links



MIND

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/> - information, helplines and an online community to support.

BEAT EATING DISORDER

<https://www.beateatingdisorders.org.uk/> includes a helpline, chat rooms and useful resources.

PED SUPPORT

<https://www.pedsupport.co.uk/> - personalised eating disorder support.

