

Coping with Self-harm

Website	Logo	QR Code*
www.nshn.co.uk The National Self-Harm Network provides a range of information and factsheets about dealing with self-harm.		
http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service TESS – a telephone, text and email support service for females under 24 who self-harm.	 0780 047 2908	
https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/ The UK's leading charity for looking after the emotional health of young people. Helpful resources and advice can be found on here.		
https://www.rethink.org/diagnosis-treatment/symptoms/self-harm Rethink Mental Illness is a charity. They provide information on a range of mental health difficulties including self-harm.	 0300 5000 927	
http://www.lifesigns.org.uk/ LifeSIGNS - This is a self-injury advice and support organisation. They have information, support forums. They have practical articles like what you can wear in the summer if you don't want anyone to see your scars.		
https://www.ntw.nhs.uk/pic/selfhelp/ Self-Harm: A self help guide Northumberland, Tyne and Wear NHS Foundation Trust have produced a self-help booklet for people who self-harm. You can download it for free from their website.		

