



Self-Injury

General information

- Mind (info) explains self-harm, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.
http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/?qclid=CKqe_5GfzboCFVMdtAodzkcASw#.UniuUvmn4w8
- NHS (info) has a guide to free listening services and banks of information.
<http://www.nhs.uk/conditions/Self-injury/Pages/Introduction.aspx>
- Rethink (info) has a guide for those who personally self-harm and their friends and carers. <http://www.rethink.org/diagnosis-treatment/symptoms/self-harm>
- The Royal College of Psychiatrists (info) an informational guide to how to help yourself and others suffering from self-harm.
<http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/depression/self-harm.aspx>
- Self-Injury Support (phone/email/text/webchat)
<https://www.selfinjurysupport.org.uk/>