

Self-Harm Signposting

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General Information

- **Mind** (info). Mind explains self-harm, including possible causes and how you can access treatment and support. They have a range of tips for helping yourself, and guidance for friends and family.
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/#.UniuUvmn4w8>
- **NHS** (info/support). Has a range of information about self-harm, including where to get help, why people self-harm, how to tell someone, how to help someone else, treatment and more.
<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/>
- **Rethink** (info). Has a factsheet and general guidance on self-harm.
<https://www.rethink.org/advice-and-information/about-mental-illness/mental-health-symptoms/self-harm/>
- **The Royal College of Psychiatrists** (info). Has an informational guide on how to help yourself and others suffering from self-harm.
<https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/self-harm>

Support

- **Rethink** (info/strategies). Rethink have produced a booklet on coping strategies to assist those who want to learn different ways to cope with the urge to self harm.
<https://www.rethink.org/media/5025/glos-self-harm-helpline-coping-strategies-booklet.pdf>
- **Sift** (helpline/SMS/info/groups/email). A helpline for people who self-harm, and information on how to support yourself or others who self-harm.
<https://sift.org.uk/>
 - Phone: 0808 8008 088
 - Mon and Thu 18:00-21:00
 - SMS: 07537 432 444
 - Mon-Fri 18:00-21:00
 - Email: tess@sift.org.uk
 - They aim to reply within a week.

- **Calm Harm** (app). Calm Harm is a free app that helps you manage or resist the urge to self-harm. The app provides different activities which are designed to help people resist and manage the urge to self harm using the basic principles of Dialectical Behavioural Therapy. Available on google play and apple app stores.
<https://calmharm.stem4.org.uk/>