



Self-Harm

Last updated May 2024

College contacts, other listening services, GP, NHS Emergency Mental Health Helpline, University Counselling, and further support resources can be found on the General Support document.

Contents:

General Information	1
Support	1

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.
<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) have produced a factsheet on self-harm.
<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-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>

Support

- **Rethink** (info/strategies) 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>



- **Self injury Support** (helpline/text/info). A helpline for people of any gender who self-harm, and information on how to support someone who self-harms.
 - Phone: 0808 800 8088
 - Monday (7pm-10pm) - staffed by people of all genders
 - Thursday (7pm-10pm) - staffed by female-identifying volunteers
 - FAQs about the service:
<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/phone-support>
 - Text: 07537 432 444
 - Mondays and Thursdays (7pm-10pm)
 - FAQs about the service:
<https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/text-support>

- **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/>