

# SELF-HARM



SUPPORT SOURCE	DESCRIPTION
<div data-bbox="107 272 383 400" data-label="Image"> </div> <div data-bbox="398 248 1032 365" data-label="Text"> <p><a href="http://www.nhs.uk">Self-harm - NHS (www.nhs.uk)</a>  <a href="http://www.nhs.uk">Where to get help for self-harm - NHS (www.nhs.uk)</a>  <a href="http://www.nhs.uk">How to help someone else - NHS (www.nhs.uk)</a></p> </div> <div data-bbox="107 475 490 639" data-label="Image"> </div> <div data-bbox="506 536 857 569" data-label="Text"> <p><a href="https://www.selfharm.co.uk">https://www.selfharm.co.uk</a></p> </div> <div data-bbox="103 660 651 695" data-label="Text"> <p>Parents' guide: <a href="#">Alumina.pdf (selfharm.co.uk)</a></p> </div> <div data-bbox="107 802 284 1042" data-label="Image"> </div> <div data-bbox="300 828 1014 933" data-label="Text"> <p>'Coping with self-harm' includes information on the nature and causes of self-harm, how to support a young person facing this problem and what help is available.</p> </div> <div data-bbox="103 1064 887 1206" data-label="Text"> <p>'The truth about self-harm' is for anyone who wants to understand self-harm among young people – why it happens, how to deal with it, and how to recover from what can become a very destructive cycle.</p> </div> <div data-bbox="900 1024 1014 1187" data-label="Image"> </div> <div data-bbox="118 1283 224 1318" data-label="Text"> <p><b>Crisis</b></p> </div> <div data-bbox="138 1340 239 1375" data-label="Text"> <p><b>Tools</b></p> </div> <div data-bbox="264 1295 512 1372" data-label="Text"> <p><a href="#">Home - Crisis Tools</a>  <a href="#">Guides - Crisis Tools</a></p> </div>	<div data-bbox="1059 240 2121 347" data-label="Text"> <p>Self-harm is when somebody intentionally damages or injures their body. Support is available for anyone who self-harms, thinks about self-harm, as well as their friends and family.</p> </div> <div data-bbox="1059 458 2139 670" data-label="Text"> <p>Alumina (previously known as SelfHarm UK) provides free online self-harm support for 14 – 19s. They offer a free, online 7 week course for young people struggling with self-harm and offer tools and ideas to help young people reduce or eliminate their self-harm. Young people do not need to be referred and the sessions are confidential. Alumina is NOT a crisis service.</p> </div> <div data-bbox="1059 890 2121 995" data-label="Text"> <p>The guides 'Coping with self-harm', a guide for Parents and Carers, and 'The truth about self-harm', for young people, friends and families, have been developed by researchers at Oxford University.</p> </div> <div data-bbox="1059 1251 2092 1393" data-label="Text"> <p>Healthy Teen Minds have co-produced with Health Education England (HEE) a set of unique learning resources for those supporting young people in crisis: four short 15 minute 'learning guides', delivered by young people with lived experience. You must register for an account before accessing the guides.</p> </div>

**SAMARITANS**

[If you want to self-harm | Samaritans](#)

Tel: 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Samaritans self-help app: [Samaritans Self-Help](#)



Phone support: 0808 800 8088

Text support: 07537 432 444

Email: [tessmail@selfinjurysupport.org.uk](mailto:tessmail@selfinjurysupport.org.uk)

[Phone support | Self Injury Support](#)

[Helpful responses to self-injury | Self Injury Support](#)



[Self-harm - stem4](#)

[Self-harm - for parents/carers](#)

[- stem4](#)

[Home - Calm Harm App](#)



[Webchat - Campaign Against Living Miserably \(thecalmzone.net\)](#)

Helpline: 0800 585858

Samaritans support anyone who is going through a difficult time and are used to talking to callers about self-harm. They listen without judgement or pressure 24/7

Self-injury support is an organisation offering support to women and girls only. All calls are answered by female volunteers who have received specialist training.

Stem 4 provide information about self-harm and offer guidance to support students and help their parents and friends identify the signs and 'steps to change'. The Calm Harm app has been developed by Stem4, in conjunction with a Clinical Psychologist, and uses the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Campaign Against Living Miserably (CALM), an organisation for men, has phone and webchat support available between 5pm and midnight 365 days of the year. Calls are taken by trained staff who are there to listen, support, inform and signpost. Calls are confidential and anonymous.