



Self-harm

Further advice, support and information

24/7 Support

Young Minds Crisis Messenger Support **Text YM to 85258**
Samaritans **116 123**
The Mix **0808 808 4994**
Childline **0800 1111**

National Information, Advice and Support

National Self-harm Network **nshn.co.uk**
Online support network

Self-harm UK **selfharm.co.uk**
Information, online support and Alumina, a 6-week online self-help course

Self-injury Support **selfinjurysupport.org.uk**
Information and telephone, text and web chat support

Beat Eating Disorders **beateatingdisorders.org.uk/**
Information, advice, helpline and online support groups

Life Signs **lifesigns.org.uk**
Information, guidance and online support

Young Mind **youngminds.org.uk**
Information, advice and parent's helpline

Papyrus **papyrus-uk.org**
Information, advice and helpline

NHS Recommended Apps **nhs.uk/apps-library/**
Includes self-harm, anxiety, first aid etc

Ideas for Distractions

wellbeingandcoping.net
mind.org.uk/need-urgent-help/how-can-i-distract-myself
papyrus.org.uk
lifesigns.org.uk/help

Local Support

SAFA **safa-selfharm.com**
Counselling and Information across Cumbria

Kooth **kooth.com**
Online support, discussion and tools.

TogetherAll **togetherall.com**
Online support community

Local NHS Mental Health Crisis Support

North Cumbria Universal Crisis Line **0800 652 2865**
South Cumbria and Lancs Urgent Support **0800 953 0110**

Your GP, School or other support organisation can make a referral for young people to either My Time (Barnardo's Mental Health Support) or Child and Adolescent NHS Mental Health Services.

Information and support for Parents and Carers

Young Minds Parents Helpline **08080 802 5544**
Advice to parents and carers worried about a child or young person under 25. Open Monday to Friday 9.30-4.00pm.

Anna Freud Centre **annafreud.org/on-my-mind/**
Information and resources to how you talk to your child about mental health and self-harm

MindEd **mind.ed.org.uk**
Free online courses for parents and carers on mental health issues affecting children and young people

Stem4 **stem4.org.uk/**
Information, guidance and Apps to support parents and Young People

Cumbria Public Health 5-19 Service **cumbria.gov.uk/ph5to19**
Information, advice, online School Nurse clinic and Parent Zone

Every life matters



www.every-life-matters.org.uk/self-harm