



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 minded.org.uk
Free online courses for parents and carers on mental health issues

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

Self-harm Alertness Training at [Every Life Matters](#)

Every life matters



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