



Self-harm

Further advice, support and information

24/7 Support

Young Minds Crisis Messenger Text YM to 85258

SHOUT Crisis Messenger Text SHOUT to 85258

Samaritans 116 123

Childline 0800 1111

Local NHS Mental Health Crisis Support (All ages)

North Cumbria Universal Crisis Line 0800 652 2865

South Cumbria and Lancs Urgent Support 0800 953 0110

On Line Support

Together All togetherall.com/en-gb/

Safe on line Mental Health forum (commissioned in Cumbria)

Side by Side sidebyside.mind.org.uk

Mind's online community

Local Support

Your GP, school or other support organisation can make a referral to either My Time (Barnardo's Mental Health Support) or Child and Adolescent NHS Mental Health Services. Self referral is available in some areas

SAFA Self Harm Awareness for All safa-selfharm.com

counselling, support and information across Cumbria - includes Self Care Toolkit

Kooth kooth.com

Online support including one to one, discussion and information

Resources and Apps

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

CAMHS Resources camhs-resources.co.uk/

website with a wealth of info about childrens' mental health and resources

Stem4 apps and information to support young people and parents: stem4.org.uk

Papyrus/Orcha search engine for apps: papyrus.orchha.co.uk

Every life matters



National Support, Advice and Information

Beat Eating Disorders beateatingdisorders.org.uk

Information, advice, helpline and online support groups

Harmless harmless.org.uk

Information and support includes the Tomorrow Project

Life Signs lifesigns.org.uk

Practical and real life Information, guidance and online support

The Mix 0808 8084994 (3pm-12am) themix.org.uk

Advice and support for under 25s on many issues including self harm

National Self harm Network nshn.co.uk

Online support network

Papyrus Hopeline 0800 0684141 (9am- 12am) papyrus-uk.org

Support for young people with thoughts of suicide

Recover Your Life recoveryourlife.com

Online support community including the Butterfly Project

Self-harm UK selfharm.co.uk

Information, online support and a 7 week online self-help course for young people

Young Minds youngminds.org.uk

Thorough and practical information and advice about young people's mental health includes information on medication and parent's helpline

Ideas for Distractions:

wellbeingandcoping.net

mind.org.uk/information-support/types-of-mental-health-problems/self-harm/

themix.or.uk/mental-health/self-harm/self-harm-coping-tips-and-distractions

lifesigns.org.uk/help

Information and support for Parents and Carers

Young Minds Parents Helpline 0808 802 5544

Advice to parents and carers Monday to Friday 9.30-4.00pm

Anna Freud Centre annafreud.org/on-my-mind/

Information & resources to how you talk to your child about mental health/self-harm

MindEd Free online courses for parents and carers on mental health issues:

minded.org.uk

Cumbria Public Health 5-19 Service cumbria.gov.uk/ph5to19

Information, advice, online School Nurse clinic and Parent Zone et