

Information, advice and support



Healthy Young Minds Lancashire & South Cumbria

<https://www.healthyyoungmindslsc.co.uk/information/children-and-young-people/self-harm-or-harm-self>



Samaritans

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

<https://www.samaritans.org/>



SHOUT Crisis Line

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

<https://giveusashout.org/>



Childline

If you're under 19, you can call 0800 1111 to talk to Childline

<https://www.childline.org.uk/>



Self Injury Support

Self Injury Support webchat (for women and girls) is open Tuesday, Wednesday and Thursday from 7pm to 9.30pm

<https://www.selfinjurysupport.org.uk/>



Campaign Against Living Miserably

CALM webchat (for men) is open from 5pm to midnight every day

<https://www.thecalmzone.net/>



Mind

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/helping-yourself-now/>



Mental Health Foundation

<https://www.mentalhealth.org.uk/a-to-z/s/self-harm>



Young Minds

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>



The Mix

<https://www.themix.org.uk/mental-health/self-harm>