



There are different types of help or support available for self-harm. Use this tool to help you, your parent or carer and a practitioner decide about getting help or support for self-harm. Both grids for this presenting difficulty should be used together.














Note: You may want to try other types of help or support alongside the ones that are listed here. There is not much evidence about these types of support, but you may find that they help you feel better.

Reading support

Phone support

Counselling

Common questions

<p>What will this involve?</p>	<p>This involves reading information about self harm and understanding more about your difficulties.</p> 	<p>This involves either you or your parent or carer calling a telephone number and speaking to someone who can listen to you and provide you with information and advice.</p> 	<p>This involves talking with a counsellor who can listen to you, support you and help you understand your feelings.</p> 
<p>How will this help me feel better?</p>	<p>You may learn tips to cope with the feelings that lead you to self harm. You might also find out new ways to understand your thoughts and feelings.</p> 	<p>Talking to someone about your difficulties may help you to work through the reasons why you self harm. This may also help you to see things more clearly and to think about what your options are.</p> 	<p>Meeting with a counsellor in a safe and regular space may help you to talk about, better cope with, and eventually overcome your difficulties. It might take more than one session to start feeling better.</p> 
<p>Will I see the same people for the duration of this support?</p>	<p>This support can usually be done on your own or your parent or carer may be able to help you.</p> 	<p>There will probably be a different person on the line each time you call.</p> 	<p>It is likely that you will talk to the same person for this support.</p> 
<p>Are there risks or side effects from this type of support?</p>	<p>There is not enough evidence to know for sure if these types of support will have side effects. Talking, reading or thinking about your difficulties might cause worry or stress. Making changes in the way you think about things or do things may also be hard, and you might feel worse before you start to feel better. Tell someone if you are having these feelings. If you are finding it too hard to use this support on your own, it may be a sign that you should ask for more support.</p> 		
<p>Where can I get this support?</p>	<p>Online or through reading material (See back of page.)</p> 	<p>On the phone (See back of page.)</p> 	<p>In person or online (See back of page.)</p> 

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Support List

Reading Support (Psychoeducation)

- National Self Harm Network forums – <https://www.nshn.co.uk/>
- Mind – <https://www.mind.org.uk/>
- Harmless – Offers coping strategies, leaflets, and factsheets about self-harm – <https://harmless.org.uk/>
- NHS - <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/why-people-self-harm/>

Phone Support

- Samaritans – Advice on the phone (any time or day) – 116 123, <https://www.samaritans.org/>
- The Mix – Advice on the phone for under 25s (4pm - 11pm, 7 days a week) or online – 0808 808 4994, <https://www.themix.org.uk/>
- YoungMinds Parents Helpline and Webchat – call 0808 802 5544 (9.30am-4pm on weekdays), <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>
- Childline – Advice online or on the phone (any time or day) – 0800 1111, <https://www.childline.org.uk/>

Counselling

- Ask a practitioner what is available in your area.

References

1. What will this involve?

- a. Reading support (Psychoeducation): <https://111.wales.nhs.uk/lifestylewellbeing/bibliotherapy>
- b. Phone support: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- c. Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

2. How will this help me feel better?

- a. Reading support (Psychoeducation): <https://111.wales.nhs.uk/lifestylewellbeing/bibliotherapy>
- b. Phone support: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- c. Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

3. Will I see the same people for the duration of this support?

- a. Reading support: <https://111.wales.nhs.uk/lifestylewellbeing/bibliotherapy>
- b. Phone support: Expert consensus
- c. Counselling: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/>

4. Are there risks or side effects from this type of support?

- a. Expert consensus

5. Where can I get this support?

- a. Expert consensus