

## Self-Harm further support and signposting

There is lots of further local support and online information and resources available around self-harm

### Local Support:

- Hampshire CAMHS - [hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)
- Hampshire Safeguarding Children Partnership - [www.hampshirescp.org.uk](http://www.hampshirescp.org.uk)
- Hampshire Youth Access - [hampshireyouthaccess.org.uk](http://hampshireyouthaccess.org.uk)
- No Limits Help - Southampton - [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)
- Southern Health NHS Foundation Trust - [www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)
- Solent NHS Trust - [www.solent.nhs.uk](http://www.solent.nhs.uk)
- IOW NHS Trust - [www.iow.nhs.uk](http://www.iow.nhs.uk)
- Healthwatch Hampshire - [www.healthwatchhampshire.co.uk](http://www.healthwatchhampshire.co.uk)
- NHS 111 Online - [www.111.nhs.uk](http://www.111.nhs.uk)
- Chat Health Hampshire - [www.hampshirehealthyfamilies.org.uk/chathealth](http://www.hampshirehealthyfamilies.org.uk/chathealth)

### Online Support:

- Alumina – provides free online self-harm support for 11–19 years olds - [www.selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing](http://www.selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing)
- Childline – you can speak to a counsellor or chat to other young people on their message boards - [www.childline.org.uk](http://www.childline.org.uk)
- The Mix – offers counselling services, a helpline, webchat and community message boards - [www.themix.org.uk](http://www.themix.org.uk)
- Harmless – a passionate organisation who works to address and overcome issues related to self-harm and suicide - [www.harmless.org.uk](http://www.harmless.org.uk)
- Tellmi – an app that allows you to talk about difficult things with people your age, while hiding your identity. All posts and responses are moderated for safety - [www.tellmi.help](http://www.tellmi.help)
- YoungMinds – you can text their crisis messenger service at any time for support - [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Calm Harm - A free app providing support and strategies to help you resist or manage the urge to self-harm - [www.calmharm.co.uk](http://www.calmharm.co.uk)
- Sane - Provides care and emotional support for people aged 16 and over affected by mental illness, including families and carers - [www.sane.org.uk](http://www.sane.org.uk)
- Koala Community – Autistic led support for Autistic and Neurodivergent Individuals and Families - [www.moreeducation.co.uk](http://www.moreeducation.co.uk)
- Kooth - An online mental wellbeing community - [www.kooth.com](http://www.kooth.com)