

Online support for those who self-harm.

[Solent Mind self-harm support hub](#) - offers a peer support group and information

[YoungMinds](#) – text their crisis messenger service at any time for support

[Alumina](#) – provides free online self-harm support for 14–19 year olds

[Childline](#) – speak to a counsellor / chat to other young people on message boards

[The Mix](#) – offers counselling, a helpline, webchat, community message boards

[Self Injury Support](#) – provides information and support for girls and young women in distress, including a text and webchat service

[SANE](#) – provides care and emotional support for people aged 16 and over affected by mental illness, including families and carers

[Tellmi](#) – app that allows them to talk about difficult things with people their age, while hiding their identity (posts and responses are moderated for safety)

[Calm Harm](#) - free app providing support and strategies to help resist or manage the urge to self-harm

[distrACT](#) – self-help tips and links to support and trusted resources for those who self-harm or feel suicidal, and those supporting them

Local resources for those who self-harm and their carers

- [Hampshire CAMHS](#)
- [Hampshire Safeguarding Children Partnership](#)
- [Hampshire Youth Access](#)
- [No Limits Help](#)
- [Southern Health NHS Foundation Trust](#)
- [Solent NHS Trust](#)
- [IOW NHS Trust](#)
- [Healthwatch Hampshire](#)
- [NHS 111 Online](#)
- [Chat Health Hampshire](#)

Resources for you.

Tools and learning

[Solent Mind self-harm support hub](#) - a toolkit of resources to use in your work

[Young Minds](#) – “No Harm Done” professional pack

[Hampshire Resource Sheet](#) on managing self-harm

[Hampshire Safeguarding Children Partnership](#) toolkit on managing self-harm

Support and self-care

Your organisation’s services—

- Employee Assistance Plan
- Mental Health champions
- Wellbeing champions

[Solent Mind](#)

Samaritans: 116 123

SHOUT text: 85258

NHS 111

Your GP

Talking therapies ([services in Hampshire](#))

Apps (Hub of Hope, meditation apps)