

Self harm - further support and signposting

Further local support and online information and resources around self-harm.

Local support:

- Hampshire and Isle of Wight CAMHS - hiowhealthcare.nhs.uk/our-services/camhs
- Hampshire Safeguarding Children Partnership - www.hampshirescp.org.uk
- Hampshire Youth Access - hampshireyouthaccess.org.uk
- No Limits Help - Southampton - nolimitshelp.org.uk
- Hampshire and Isle of Wight NHS Healthcare Foundation Trust - hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/mental-health-services
hiowhealthcare.nhs.uk/help-crisis
- Healthwatch Hampshire - healthwatchhampshire.co.uk
- NHS 111 online - 111.nhs.uk
- Chat Health Hampshire - hampshirehealthyfamilies.org.uk/chathealth

Online support:

- Alumina – provides free online self-harm support for 11–19 years olds - 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 - childline.org.uk
- The Mix – offers counselling services, a helpline, webchat and community message boards - themix.org.uk
- Harmless – a passionate organisation who works to address and overcome issues related to self-harm and suicide - 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 - tellmi.help
- YoungMinds – you can text their crisis messenger service at any time for support - youngminds.org.uk
- Calm Harm - A free app providing support and strategies to help you resist or manage the urge to self-harm - calmharm.co.uk
- Sane - Provides care and emotional support for people aged 16 and over affected by mental illness, including families and carers - sane.org.uk
- Koala Community – Autistic led support for autistic and neurodivergent individuals and families - moreeducation.co.uk
- Kooth - An online mental wellbeing community - kooth.com