






Self-Harm & Mental Health Available Support

	<p>Samaritans Tel: 116 123 Email: jo@samaritans.org Web: www.samaritans.org About: Samaritans are available round the clock, every single day of the year. Samaritans provide a safe place for anyone struggling to cope, whoever they are, however they feel, whatever life has done to them.</p>
	<p>Mind Tel: 0300 123 3393 (or text 864 463) Email: info@mind.org.uk Web: www.mid.org.uk About: Mind believes no one should have to face a mental health problem alone. We'll listen, give you support and advice, and fight your corner. And Mind push for a better deal and respect for everyone experiencing a mental health problem.</p>
	<p>Selfharm^{UK} Web: www.selfharm.co.uk About: Selfharm^{UK} is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.</p>
	<p>Alumina Web: alumina.selfharm.co.uk About: Alumina live is a course that is broken up into 6 sessions. All of their 6 sessions take place online at the same time every week, with the same group of people and same leaders. Alumina are really proud of their live program and it's the first of it's kind to deliver support and encouragement using fully interactive and innovative activities which have all been designed to help someone take the next step.</p>
	<p>National Self-Harm Network Web: www.nshn.co.uk About: The aims of this online support forum are to support individuals who self-harm to reduce their emotional distress and improve their quality of life. Support and provide information for family and carers of individuals who self harm. Raise awareness of the needs of people who self harm, dispel myths and combat discrimination. And, empower and enable those that self harm to seek alternatives to self harm and further help where appropriate.</p>