

Support Organisations for Students

The websites below offer information and resources about self-harm for young people. If you have any questions, please speak to the person who provided you with this document, or a trusted adult.

Mind

www.mind.org.uk

Mind provide **advice and support** to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Mind also have a **helpline** called Infoline which provides an information and signposting service. They are open 9am to 6pm, Monday to Friday (except for bank holidays).



Childline

www.childline.org.uk

Childline offers advice and support to young people. They offer **1-2-1 online chats with counsellors**. You can contact Childline using their phone number and talk to them about anything. No problem is too big or too small.

childline

Samaritans

www.samaritans.org

"Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, **365 days a year.**"

SAMARITANS

Young Minds

www.youngminds.org.uk

"Whether you want to understand more about how you're feeling and **find ways to feel better**, or you want to support someone who's struggling, we can help."

YOUNG MINDS

Kooth

www.kooth.com

"Your online **mental wellbeing community**. Free, safe and anonymous support."

kooth