

# Self-harm: getting help

**For people who self-harm,  
their family and friends**



# People self-harm for all sorts of reasons...

You might feel overwhelmed. Or numb. You might want to punish yourself, or you might hear voices that tell you to harm yourself.

You might cut yourself, starve yourself, or take an overdose. Or you might do something else that harms you.

## Getting help

Harming yourself might help right now, but it changes nothing. And it's risky.

Help is available. You can recover.

Talk to someone you trust. It could be a friend or someone in your family.

Check out the resources in this leaflet, and speak to your GP. They can help you get the support you need.

---

'Telling someone about your self-harm shows strength and courage; it can often be a huge relief to let go of such a secret, or at least share it.'

The truth about self-harm.

Mental Health Foundation.

---

# **I just self-harmed, what should I do?**

If you are seriously injured, go to the emergency department of your local hospital, or call 999 and ask for an ambulance.

If you are not sure, call 111 for advice.

Always get advice after an overdose. Even if your wounds are not serious, make the effort to get checked out. Wounds can be dangerous if they get infected.

Ask your local pharmacist for advice. Or check out NHS Choices: [www.nhs.uk](http://www.nhs.uk)

## **Are you getting help from mental health services?**

Contact your care coordinator or duty worker when you need help. Make sure their number is on your phone, and the phones of those close to you.

Tell them if you are having difficulties or their support is not helping. They need to know so you can get the help you need.

You can also contact PALS (our Patient Advice and Liaison Service), or our 24 hour mental health support line. Their details are on the back of this leaflet.

# Charity leaflets, helplines and websites

Different things work for different people. Find out what suits you. Here are some suggestions:

## Reading:

### **Down, but not out factsheet**

Age UK

### **The truth about self-harm**

Mental Health Foundation

### **Understanding self-harm**

Mind

### **Self-harm** (translations available)

Royal College of Psychiatrists

### **Worried about self-harm?**

Young Minds

## Helpline, text and email support:

### **Women's self injury helpline**

0808 800 8088

Monday to Friday 7pm to 10pm

### **Text and email support service (TESS)**

0780 047 2908

[www.selfinjurysupport.org.uk/tessform/](http://www.selfinjurysupport.org.uk/tessform/)

Sunday to Friday 7pm to 9pm

## **Self-harm websites:**

### **Eating disorders**

[www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Harmless**

[www.harmless.org.uk](http://www.harmless.org.uk)

### **Lifesigns**

[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

### **National Self-Harm Forum**

[www.nshn.co.uk](http://www.nshn.co.uk)

### **Self Injury Support**

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

### **Recover your life**

[www.recoveryourlife.com](http://www.recoveryourlife.com)

---

## **Remember:**

'Take time and be patient with yourself. Recovery doesn't happen overnight - it can be a slow process. Start to learn how to care for yourself.'

The truth about self-harm  
Mental Health Foundation

---

## Your notes:

**If you need this information in a different language or format, such as large print or Braille, please speak to a member of staff.**

### **Support, advice and information**

Call us if you are distressed or in crisis and need support, or if you need advice or information about our services. Any local resident can call us. You do not have to be a patient.

**Freephone: 0800 731 2864** and

- Press 1 to speak to our 24 hour mental health support line, or
- Press 2 for advice and information from our patient advice and liaison service (PALS).  
Or email **pals@slam.nhs.uk**

If you need immediate help, you can visit your local A&E and ask to speak to the mental health team. You can also call the Samaritans on **116 123**, or text them on **07725 90 90 90**.

### **For further information, visit:**

**www.slam.nhs.uk**  **@maudsleyNHS**  
 **facebook.com/slamnhs**

© South London and Maudsley NHS Foundation Trust.

Issue date: Nov 2016

Print ref: Ic00010329