

## **Some Useful Apps:**

### **Calm Harm**

[www.stem4.org.uk/calmharm/](http://www.stem4.org.uk/calmharm/)

Aims to help children and young people control the urge to self harm by using task strategies.

### **Self Heal**

[wwwself-healapp.co.uk/Home/](http://wwwself-healapp.co.uk/Home/)

Uses DBT principles to help users resist the urge to self harm. There is also a useful image library to distract.

## **Charities - online help and resources.**

### **Nationals Self Harm Network**

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

Monitored forums supporting people who self harm to reduce emotional distress

### **Harmless**

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

User led organisation to provide support, training, information to family, friends and to young people who self harm

### **Lifesigns**

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

Lots of helpful resources and strategies to minimise harm

### **Selfharm UK**

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

A national project dedicated to supporting young people impacted by self harm

### **Samaritans**

<https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-can-i-support-someone-who-has-self-harmed>

Samaritans website that focuses on how you can help or support someone who is self harming.

**Visyon** in Congleton also do parent/carer webinars to give advice and support and guidance on responding to self harm and further signposting - look out for dates on their website

<https://www.visyon.org.uk>

**Papyrus (Prevention of young Suicide)**

Hopeline - 0800 068 4141

Text; 07860 039 967

Email; pat@papyrus-uk-org

**Young Mind Parents Helpline**

[www.youngmind.org.uk/find-help/for-parents/parents-helpline/](http://www.youngmind.org.uk/find-help/for-parents/parents-helpline/)

or <https://www.youngminds.org.uk/>

0808 802 5544 (9.30-4pm)

[parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

All information taken from Youth Mental Health England Publication 2017

**Additional Numbers :**

CAMHS out of hours 0800 1456 6485

Visyon

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

Congleton 01260 290000