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Themes: Children's Mental Health, Counselling, Mental Health, Public Sector Services

Aimed at: All People

Where to get help for self-harm

It's important to know that support is available for anyone who self-harms or thinks about self-harm, as well as their friends and family.

It's best to speak to a GP about self-harm, but you may also find it helpful to speak to a free listening service or support organisation.

Urgent help

If you need help now for a mental health crisis or emergency, read about where to get urgent help for mental health.

If you just need to talk, any time of day or night

Free listening services

These services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

If you're under 19, you can also call 0800 1111 to talk to Childline. The number will not appear on your phone bill.

If you prefer a webchat, these services are available at certain times:

Self Injury Support webchat (for women and girls) is open Tuesday, Wednesday and Thursday from 7pm to 9.30pm

CALM webchat (for men) is open from 5pm to midnight every day

Non-urgent advice: Speak to a GP if:

you're harming yourself

you're having thoughts about harming yourself

you're worried about minor injuries, such as small cuts or burns – without treatment there is a risk of infection

Some people who self-harm are at a higher risk of suicide.

It's important to get support or treatment as soon as possible to help with the underlying cause and prevent suicidal thoughts developing.

Information:

Coronavirus (COVID-19) update: how to contact a GP

It's still important to get help from a GP if you need it. To contact your GP surgery:

visit their website

use the NHS App

call them

Area: Bassetlaw, Bolsover

Contact Details

111-out of hours

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

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