



YoungMinds

www.youngminds.org.uk/find-help/feelings-and-symptoms/self-harm

Information about self-harm and stories from young people sharing their experiences and self-harm recoveries.

YoungMinds Crisis Messenger

Provides free, 24/7 text support for young people experiencing a mental health crisis.

Text YM to 85258

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



The Mix

www.themix.org.uk

If you're under 25 you can talk to The Mix about anything that's troubling you over the phone, email or webchat. You can also use their phone or online counselling service.

Helpline open daily 4-11pm: 0808 808 4994

Email: www.themix.org.uk/get-support/speak-to-ourteam/email-us

Webchat open daily 4-11pm: www.themix.org.uk/getsupport/speak-to-our-team

Counselling service: www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service



Childline

www.childline.org.uk

If you're under 19 you can confidentially call, chat online or email about any problem big or small.

24/7 helpline: 0800 1111

Chat 1:1 with an online counsellor: www.childline.org.uk/get-support/1-2-1-counsellor-chat

Email: Sign up on the website, so you can send your message without needing to use your name or email address, at

www.childline.org.uk/registration



CALM (Campaign Against Living Miserably)

www.thecalmzone.net

Provides support to anyone who is feeling down and needs to talk or find information.

Helpline open daily 5pm-midnight: 0800 58 58 58

Webchat open daily 5pm-midnight: www.thecalmzone.net/help/webchat



Samaritans

www.samaritans.org

If you need to talk, you can ring Samaritans for free at any time of the day or night.

24/7 helpline: 116 123 Email: jo@samaritans.org



Calm Harm app

www.calmharm.co.uk

A free app providing support and strategies to help you resist or manage the urge to self-harm.

Download from Google Play or App Store.



Mee Two app

www.meetwo.co.uk

A free app for teenagers providing peer support and resources.

Young people can share what's going on for them and send supportive messages to others. All messages are fully moderated.

Download from Google Play or App Store.

Youth Access

www.youthaccess.org.uk

Offers information about advice and counselling services in the UK for young people aged 12-25 years.

Youth Wellbeing Directory

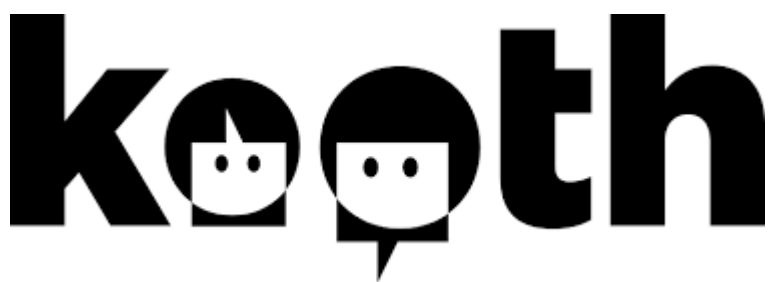
www.annafreud.org/on-my-mind/youth-wellbeing

Lists local services for young people's mental health and wellbeing.

Off The Record - North Somerset

<https://otrnorthsomerset.org.uk/>

OTR is a mental health social movement by and for young people aged 11-18. Getting free wellbeing info and support couldn't be easier - explore the website and sign up directly to the project or service you want to try.



Kooth

<https://www.kooth.com>

Free, safe and anonymous online support for young people. Online until 10pm.

Tess

www.selfinjurysupport.org.uk and click on GET SUPPORT

Text: 07537 432 444 (texts cost normal rate) - Open Tues-Thurs
7pm-9.30pm.

Women's Self Injury Helpline: 0808 800 8088

Run by Self Injury Support, TESS is a text and email service for women and girls in the UK affected by self-harm.



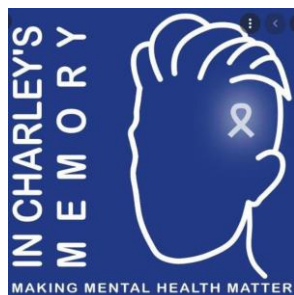
Wellspring Counselling

Wellspring Counselling - Nailsea, North Somerset

www.wellspringcounselling.org.uk

☎ 01275 810879

Wellspring Counselling has a team of skilled Counsellors trained to work with young people aged 11-18.



In Charley's Memory - North Somerset

www.incharleymemory.co.uk

☎ 01278 557490

In Charley's Memory provides a counselling service for children and young people between the ages of 11 and 25 who are experiencing mental health difficulties.

Finding a private counsellor or therapist

If this is an affordable option for you, you can find accredited private child and adolescent counsellors and therapists living locally to you by searching the following directories.

Psychology Today: <https://www.psychologytoday.com/gb>

Counselling directory: www.counselling-directory.org.uk

BACP: www.bacp.co.uk/search/Therapists

UKCP: www.psychotherapy.org.uk/find-a-therapist