

Leaflets:

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

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

Getting the support you need from us

We know it can sometimes be difficult to find the support you need from the NHS. Here’s some of the key contacts for our organisation - South London and Maudsley NHS Trust:

Advice and information

Contact our **Patient Advice and Liaison Service (PALS)** by emailing pals@slam.nhs.uk or calling 0800 731 2864 (Option 2).

Concerns or complaints

Tell a member of staff, contact Patient Advice and Liaison Service, (details above) email complaints@slam.nhs.uk or visit www.slam.nhs.uk/complaints

Distressed or in crisis

Call our 24 hour mental health crisis line 0800 731 2864 (Option 1) or visit www.slam.nhs.uk/crisis You can also call the Samaritans on 116 123 or email jo@samaritans.org

Support for family and friends

There is support available if you provide support and care to someone who uses our services. Ask a member of staff for details or visit www.slam.nhs.uk/carers

Self-harm: getting help

For people who
self-harm, and 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

If you have just self-harmed

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

Even minor injuries can be dangerous if they get infected. Ask your pharmacist for advice, or check out the NHS website: www.nhs.uk

If you are not sure, call 111 for advice.

Always get advice after an overdose.

Are you getting help from mental health services?

Tell your care coordinator or duty worker if you are having difficulties.

They need to know so they can make sure you get the right support.

Add your care coordinator details to your phone, and make sure you know what to do if they're not available.

You can also contact our Patient Advice and Liaison Service (PALS), or our 24 hour mental health crisis line.

See the back page of this leaflet for their details, and for more information about how to get the support you need.

Charity helplines, websites and leaflets

The charity **Self injury Support** provides helpline, text and webchat support for women, girls and those close to them.

Helpline: **0808 800 8088**

Text support: **07537 432 444**

Webchat: **selfinjurysupport.org.uk**

Available 7pm to 9.30pm

Tuesday, Wednesday and Thursday

Websites:

Eating disorders

www.b-eat.co.uk

Harmless

www.harmless.org.uk

Lifesigns

www.lifesigns.org.uk

National Self-Harm Forum

www.nshn.co.uk

Self Injury Support

www.selfinjurysupport.org.uk

Recover your life

www.recoveryourlife.com