

Organisations below provide support over the phone, or online in times of crisis

Organisation and Type of Support Provided:	Contact Details:
<p>ChildLine</p> <p>ChildLine is a confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything - no problem is too big or too small.</p> <p>They provide support by phone or online on a wide range of issues which affect young people, including self harm</p>	<p>Call: 0800 1111</p> <p>Also provide online support. See their website for more information:</p> <p>www.childline.org.uk</p>
<p>Get Connected</p> <p>Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.</p> <p>They provide support on a range of things which affect young people including self harm.</p>	<p>By phone Call us FREE on</p> <p>0808 808 4994</p> <p>Open from 11am - 11pm every day. They also provide support by email or webchat. See website for more details:</p> <p>www.getconnected.org.uk</p>
<p>TESS</p> <p>TESS is a service which provides support to young women who self harm.</p>	<p>Text and email support (for young women up to 24 years old)</p> <p>Text: 0780 047 2908</p> <p>www.selfinjurysupport.org.uk/tess-text-and-email-support-service</p>

Organisation and Type of Support Provided:	Contact Details:
<p>PAPYRUS</p> <p>Provide confidential support by phone, email or text for children, teenagers and young people up to the age of 35 who are feeling suicidal.</p>	<p>HOPELineUK</p> <p>Call: 0800 068 41 41</p> <p>Email: pat@papyrus-uk.org</p> <p>SMS: 07786 209697</p> <p>Opening hours:</p> <p>Weekdays: 10am-10pm, Weekend: 2pm-10pm Bank holidays: 2pm-5pm</p>
<p>The Samaritans</p> <p>Provide telephone support 24 hours a day, 365 days a year. You can call them about anything that is troubling you. They also provide support for people who are feeling suicidal.</p>	<p>Call: 116 123 (Calls are free)</p> <p>Email: jo@samaritans.org</p> <p>www.samaritans.org</p>
<p>Breathing Space</p> <p>Out of hours helpline offering listening support and advice for people in Scotland who are feeling down, depressed, worried or anxious.</p>	<p>Call: 0800 83 85 87 (Calls are Free)</p> <p>www.breathingspace.scot/</p> <p>Opening hours:</p> <p>Weekdays: Monday-Thursday 6pm to 2am Weekend: Friday 6pm-Monday 6am</p>