

People I can contact:

Organisations below provide support over the phone in times of crisis	Tel No:
Childline	0800 1111 Also provide online support: www.childline.org.uk
The Samaritans	116 123 Email: jo@samaritans.org www.samaritans.org
Breathing Space	0800 83 85 87 www.breathingspacescotland.org.uk

Family/Friends (who can support you)	
Name	Phone number

Things you can do to help

What has helped you in the past?

Who could you speak to?

What could you try?

Risks to avoid:

Useful Websites:

Young Scot: www.youngscot.org/info/453-how-can-i-help-someone-who-is-self-harming

Look OK Feel Crap: www.lookokfeelcrap.org/feeling-crap/self-harm

The Site.org: www.thesite.org/healthandwellbeing/mentalhealth/selfharm