

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.</p> <p>See their website for more information: www.childline.org.uk</p>
<p>TESS</p> <p>TESS is a service, which provides free, confidential, non-judgemental support, to women who self harm.</p> <p>The support is available by text, phone or email and they provide a webchat service.</p> <p>The service is available on a Tues, Wed, Thursday evening between 7pm and 9.30pm</p>	<p>Helpline: 0808 800 8088</p> <p>Text: 07537 432 444</p> <p>For email and webchat please see: www.selfinjurysupport.org.uk</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>Text: 07786 209697</p> <p>Opening hours:</p> <p>Mon-Fri 10am-10pm</p> <p>Sat-Sun: 2pm-10pm</p> <p>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>Text: 07725909090</p> <p>www.samaritans.org</p>
<p>Breathing Space</p> <p>Out of hours helpline and webchat 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>Webchat:</p> <p>breathingspace.scot/how-we-can-help/webchat/</p> <p>Opening hours:</p> <p>Weekdays: Monday-Thursday 6pm to 2am</p> <p>Weekend: Friday 6pm-Monday 6am</p>

Prepared by Helen Gibson, Support Manager
North Ayrshire Self Harm Service (Penumbra)

