

Support Helplines and Organisations

The Mix – Text ‘THEMIX’ to 85258 – the text line can support with

Suicidal thoughts
Abuse or assault
Self-harm
Bullying
Relationship breakdown
or call 0808 808 4994 3pm-12am

Greater Manchester Mental Health crisis line

08000513253 24/7, speak to a mental health practitioner

YoungMinds Crisis Messenger

Text YM to 85258 it is a 24/7 service

Samaritans

Phone 116 123 or email jo@samaritans.org
Support with anything that is causing you distress

Childline

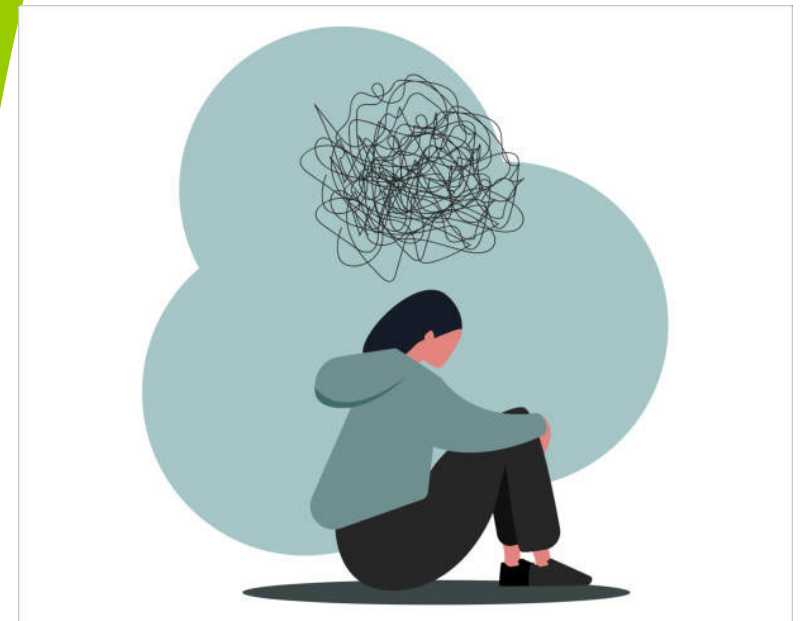
Phone 0800 111 for support 9am– 12am everyday
Sign up on the childline website to have access to message boards where you can speak to people experiencing similar things . They also have 1-2-1 counsellor chat

Kooth.com

Counsellors available until 10pm daily



Self Harm Information





How to Keep Cuts and Grazes Clean

Stop the bleeding

Stop any bleeding before applying a dressing to the wound. Apply pressure to the area using a clean and dry absorbent material – such as a bandage, towel or handkerchief – for several minutes.

If the cut is to your hand or arm, raise it above your head to help reduce the flow of blood.

If the injury is to a lower limb, lie down and raise the affected area above the level of your heart.

Clean the wound and apply a dressing

When the wound has stopped bleeding, clean it and cover it with a dressing to help stop it becoming infected.

To do this:

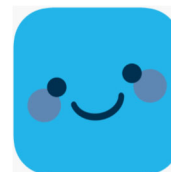
- Wash and dry your hands thoroughly
- Clean the wound under drinking-quality running tap water – avoid using antiseptic as it may damage the skin and slow healing
- Pat the area dry with a clean towel
- Apply a sterile adhesive dressing, such as a plaster
- Keep the dressing clean by changing it as often as necessary. Use waterproof dressings to keep the wound dry while bathing and showering.



Helpful Apps



Mee Two— Safe and secure forum for teenagers to discuss various topics



My Possible Self—Learn to manage fear, anxiety and stress



ThinkNinja - Learn how to manage your mental health



WorryTree—Notice, record and manage worries using CBT

Helpful Techniques

Grounding - Name something you can see, hear, taste, touch and smell—repeat

Distraction for self harm

Ping an elastic band on your wrist,
Squeeze an ice cube
Draw on your skin.
Allow yourself to cry
Go for a fast paced walk
Tear up paper
Write a diary or journal
Write a list of experiences you would like to have