

 *Warning: This flyer contains content about self-harm and suicide. Please take care.*



Supporting someone with self-harm

Supporting someone who self-harms can feel difficult and worrying, but you don't have to face it alone. There are trusted organisations that can offer guidance, resources, and support for both you and the person you care about.

1. Self Injury Support – Free Guide

Download a practical guide offering information, coping strategies, and advice for supporting someone who self-harms.

2. Mind – Self-Harm Resources

Mind provides clear information on what self-harm can look like, how to support someone who is struggling, and where to seek further help.

3. Mental Health Foundation

Learn more about self-harm, recovery, and support through accessible articles and advice.

4. Call the Samaritans

Free, 24/7 confidential listening service for anyone in distress, including family and friends supporting someone who self-harms.

You're Not Alone

Reaching out to these services can help you feel supported, informed, and less alone, for both you and the person you care about.