



# Self-Harm Support

## Every Life Matters...



Self Harm - Parents Guide.pdf



Self Harm - Safety Plan.pdf



MHF-The-truth-about -self-harm-guide.pdf



Self Harm - What you Need to Know (

## Papyrus – Self Harm Guide...

If you are a young person at risk of suicide or are worried about a young person at risk of suicide:

**Call:** 0800 068 41 41

**Text:** 07860 039967

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Visit:** <https://papyrus-uk.org/>

## Young Minds...

[https://www.youngminds.org.uk/?gclid=EA1aIQobChMI2sfZwlbo\\_gIV4oBQBh3bzQIREAAYASAAEgLb6PD\\_BwE](https://www.youngminds.org.uk/?gclid=EA1aIQobChMI2sfZwlbo_gIV4oBQBh3bzQIREAAYASAAEgLb6PD_BwE)

Support and advice is available for both young people and parents

You can also contact your GP, who can help you access support.

## Help in a Crisis...

- NHS First Response 24/7 Helpline First Response is a 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties. If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now call the helpline on NHS 111 option 2. For emergencies dial 999
- Police If you or somebody else is in danger, or it feels like a situation might get dangerous and you need support right away, click here to find out how to contact the police. [Home | Police.uk \(www.police.uk\)](#) For emergencies, call 999

## Just One Number...

All new referrals for mild to moderate mental health support for 0–25-year-olds across Norfolk & Waveney will be processed by Just One Number.

The team in Just One Number will review the needs outlined in the referral and pass to the appropriate organisation to best support the child / young person or young adult. These organisations include;  
Ormiston Families - Supporting Smiles | MAP | Norfolk & Waveney Mind | NHS Talking Therapies Service Norfolk and Waveney (known as Wellbeing Service) | Resilience and Emotional Health Practitioners – CCS | 0-4 Parent Infant Mental Health Services – NSFT

Self referral- <https://www.justonenorfolk.nhs.uk/emotional-health/support-for-mild-to-moderate-mental-health-needs/referral/>

## Useful Resources...

[Where to get help for self-harm - NHS \(www.nhs.uk\)](http://www.nhs.uk)  
[support-and-self-help-guide-children\\_young-people-mental-health.pdf \(ecch.org\)](#)

[Calm zone | Childline](#)

[How I overcame self harm | BBC Ideas - YouTube](#)

W: [Norfolk Community Directory - Norfolk County Council](#)