

Are you worried about yourself or someone else **self harming?**

There are services that you can access online and, via phone, text or chat to support you **NOW**

You have seriously harmed yourself * OR you have made suicidal

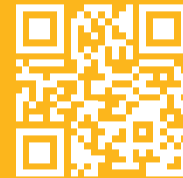
plans: (*for example a really big cut where the bleeding has stopped but may need stitches or any injury that is still causing symptoms including bleeding)

- Go to A&E or call 999

Have you self-harmed or intending to OR have had suicidal thoughts?

- Call 111
- Alternatively, call crisis numbers:
 - Berkshire - 0300 365 1234
 - Buckinghamshire - 01865 901 000
 - Hampshire - 111
 - Surrey - 0800 915 4644

if no response, contact your GP, or visit [111 online](#)



Do you need to talk to someone or have thoughts about self-harm and need help coping?



YoungMinds Textline provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

Text YM to 85258



SAMARITANS

Call Samaritans 116123



Visit [kooth.com](#) to chat with a counsellor online or to see tips from other young people with similar experiences.



In Hampshire and Surrey, ChatHealth is available 9 am - 4.30 pm on Monday to Thursday and 9 am - 4pm on Fridays, call 07507 332417



Healthier Together

For more information, visit [Frimley Healthier Together- mental health local resources](#)



and [Frimley Healthier Together- self harm](#)



Frimley

Clinical Commissioning Group