**Useful Resources for Coping with Non-Suicidal Self Injury (NSSI)**

**Websites:**

* [https://www.selfinjurysupport.org.uk](javascript:var%20newWnd=ObjLayerActionGoToNewWindow('https://www.selfinjurysupport.org.uk','Trivantis_','width=1025,height=701,scrollbars=1,resizable=1,menubar=1,toolbar=1,location=1,status=1');)
* For women and girls. Useful resources and information including a 5 part self-help resource for coping with self-harm during Covid. They have a helpline and text service. {https://www.thecalmzone.net}

* [https://www.thecalmzone.net/](javascript:var%20newWnd=ObjLayerActionGoToNewWindow('https://www.thecalmzone.net/%20%20','Trivantis_','width=1025,height=701,scrollbars=1,resizable=1,menubar=1,toolbar=1,location=1,status=1');)
* For men. Helpline and webchat

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* For men. Helpline and webchat

* [https://www.selfharm.co.uk](https://www.selfharm.co.uk–)
* alumina free online 7 week self-harm course for 14-19 year olds

* <https://www.lifesigns.org.uk/>
* User led charity provides self-injury guidance and network of support

* [https://harmless.org.uk/](javascript:var%20newWnd=ObjLayerActionGoToNewWindow('https://harmless.org.uk/%20','Trivantis_','width=1025,height=701,scrollbars=1,resizable=1,menubar=1,toolbar=1,location=1,status=1');)
* User led service with self-harm resources and information

**Apps:**

* Calm Harm – help to manage the urge to self-harm
* distrACT – information about self-harm, support services and a chill zone with distraction activities
* Stay Alive (Free)
* Calm Harm
* Head space
* NHS Moodometer

* Every mind matters
* Living life to the full
* KOOTH.com –web site- age 11-25- digital mental health and wellbeing company working to provide a welcoming space for digital mental health care