**Create a new tab: Name it – Stages of self harm**

**This would be the part which you’ll call in using iframe**

Chart, bar chart

Description automatically generated

**Content:**

Among all the genders and different age groups, the only thing that is common and persistently prevail is the suicidal ideas. These proportions depicted are of those who have mental pressure be it due to depression, or schizophrenia, or any other mental health problems that may be originated due to multiple factors. If you feel you are in either one of these phases currently, check for the available support in the below tab.

*A tab named “Available Support” which has all the contact details*

Refer <https://www.lifeline.org.au/get-help/information-and-support/self-harm/> for getting inspiration from the website to plugin the available support

**Make 3 different tiles for each**

1. *What is self-injury?* [*Link*](https://www.lifeline.org.au/get-help/information-and-support/self-harm/)
2. What is suicidal ideation and how common is it among young people? [Link](https://headspace.org.au/assets/download-cards/suicidal-ideation-mythbusterv2.pdf)
3. Why is it important to assess suicidal ideation in young people? [Link](https://headspace.org.au/assets/download-cards/suicidal-ideation-mythbusterv2.pdf)

And provide links to these.