

## Self-Harm

- There are many different reasons why people self-harm.
- It may be a way of coping with distress and feelings caused by things that have happened recently or in the past.
- It can provide relief and distraction from unbearable and painful feelings.
- It can be a way of letting others know of your distress, frustration or anger. It may also be a way of confirming how bad you are feeling.
- Self-harm may be a way of surviving for some people or might seem like the only solution at the time.

## Help

- You may be unsure whether or not to talk to someone about your feelings. Trying to understand how you are feeling may help prevent such intense distress in the future. You may be able to find different ways of coping.
- This might feel like a brave step to take, but it may provide relief that there is someone you could talk to.
- Starting counselling or therapy can be challenging and distressing. It may take some time to develop trust. However it can provide a safe space to think things through. The aim is to help you reach an acceptance of yourself and learn to cope with or change the struggles you have.
- Some services, such as counselling and psychotherapy, can be accessed through a referral from your GP, which you can request.
- Listed ahead are some sources of information, help and support

## Information and Services

Crisis Point  
(up to 6 nights admission for people in crisis)  
0161 225 9500

Self Harm Awareness and Recovery for Everyone (SHARE) 0161 226 5412  
Support group meets Tuesdays 6-8pm at Zion Centre, Hulme, Manchester.  
selfhelpselfharmgroup@gmail.com

Manchester Women's Self-Harm Support 0161 226 0787

42<sup>nd</sup> Street  
(for young people aged between 15-25). 0161 832 0170

Manchester Brook  
(up to 25yr olds)  
0161 237 3001

The Roby Centre  
(Counselling)  
0161 257 2653

St Mary's Centre (counselling for people who have been sexually assaulted)  
0161 276 6515

Stockport Mind  
(Self-help group, meets Wednesdays 7-8.30pm) [www.stockportmind.org.uk](http://www.stockportmind.org.uk)

## Helplines:



NHS Direct  
0845 4647



0161 236 8000



0845 767 8000

(18:00 to 23:00 or email [saneline@sane.org.uk](mailto:saneline@sane.org.uk))

Domestic Violence Helpline

0808 200 0247



## Websites:

National Self-Harm Network

[www.nshn.co.uk](http://www.nshn.co.uk)

Self-Harm  
And Related Issues



[www.siari.co.uk](http://www.siari.co.uk)



[www.selfinjury.org.uk](http://www.selfinjury.org.uk)



[www.thesite.org](http://www.thesite.org)

(16-24 yr olds)



Preventing young suicides

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Manchester Mind

0161 272 8205

[www.mind-in-manchester.org.uk](http://www.mind-in-manchester.org.uk)

## Additional Services

Benefit Helpline 0800 882200

Bereavement Centre, MRI

0161 276 4109

Citizens Advice Bureau

0161 834 9844

Community Alcohol Team 0161 882 1300

Eating Disorders Group 0161 232 7312

Families and Children Information

Line 0800 083 7921

George House Trust

(HIV positive)

0161 274 4499

Lesbian & Gay Foundation

0161 235 8035

Manchester Advice 0161 234 5600

Manchester Debt Advice Service

0161 234 5678

Patient Advice and Liaison Service

0161 918 4047

RELATE 0161 872 0303



# Advice and Support

## Following attendance at Accident & Emergency Dept