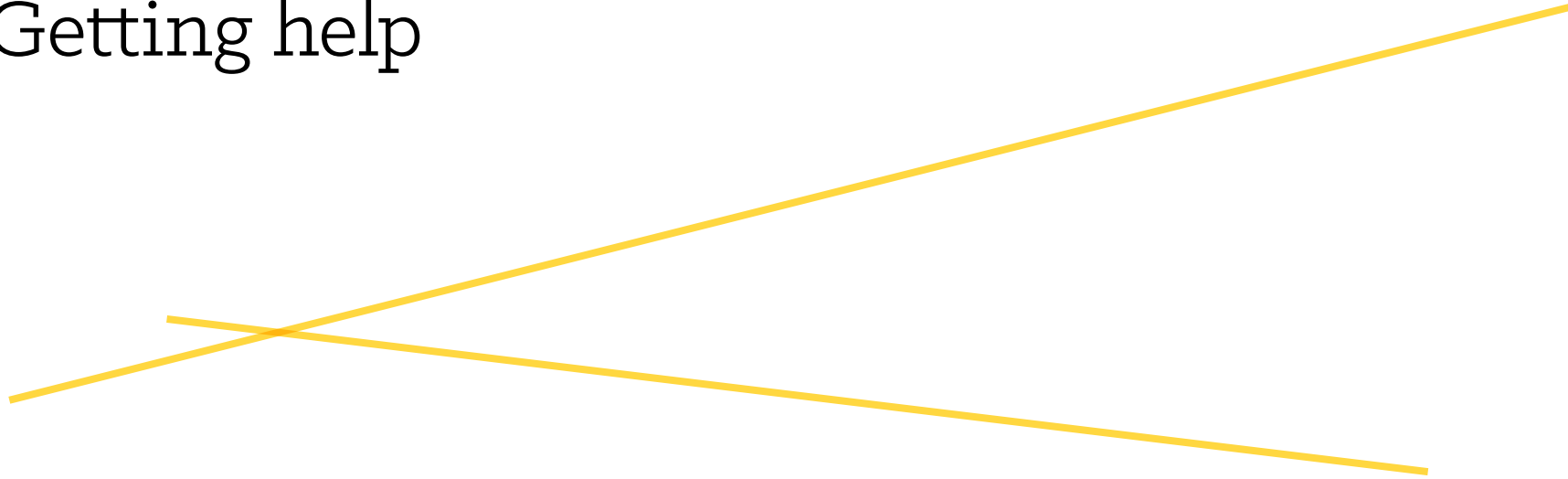


# On Edge

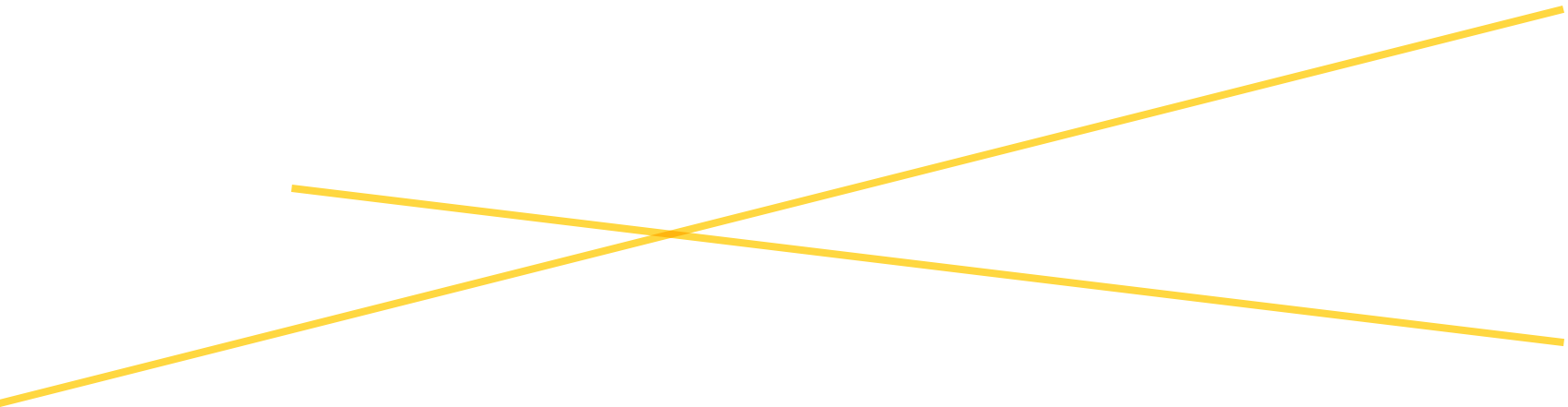
## Lesson 4

### Getting help




## **Outcomes from Lesson 4**

- I know how to support someone who self-harms
- I know how to access professional support for someone who is using self-harm

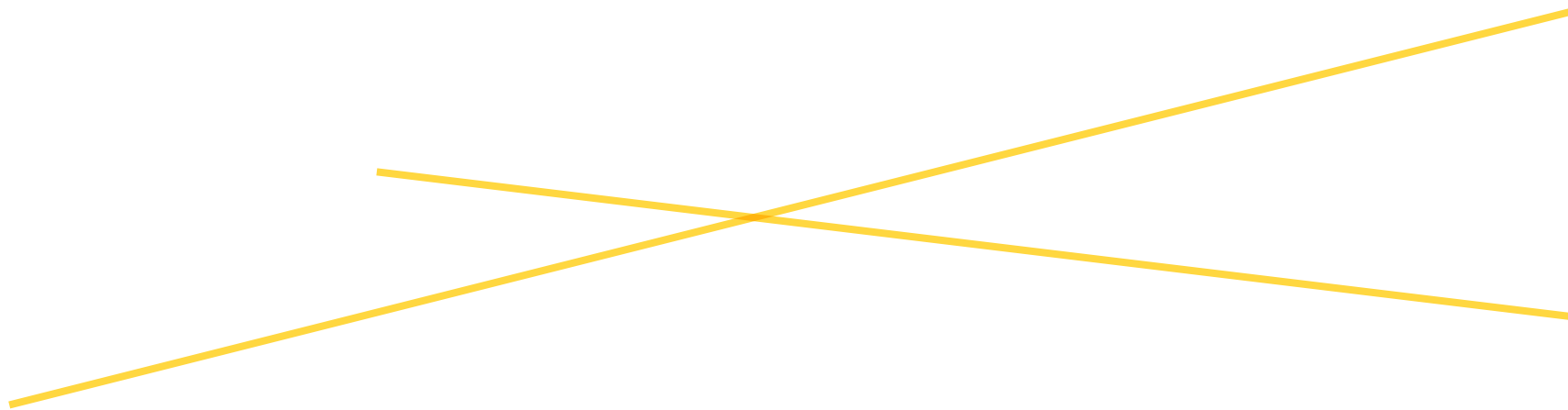


## **Keep Safe**

- The topic of self-harm can be a very sensitive issue for some people
  - Pupils are expected to be supportive and respectful of others
  - If you feel concerned or worried, talk to a member of staff
  - Information will be available after each lesson if you want to talk to someone in private
- 

# Childline

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

- Free 24/7 helpline, 0800 11 11
  - Talk to someone about your problems
  - Chat online with a counsellor
  - Visit or post on message boards
- 
- Two decorative yellow lines are positioned at the bottom of the slide. One line starts from the left edge and slopes upwards towards the right. The other line starts from the left edge, slopes downwards towards the right, and then curves slightly upwards at the far right end.

# Papyrus

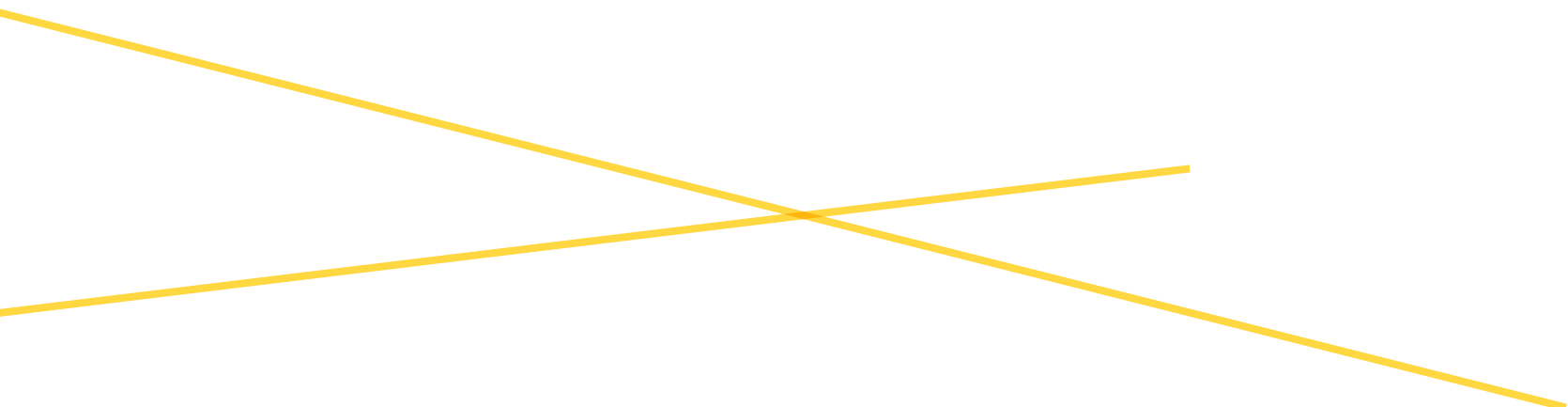
[www.papyrus-uk.org/more/hopelineuk](http://www.papyrus-uk.org/more/hopelineuk)

- HOPELineUK 0800 068 41 41 available weekdays 10am – 5pm and 7pm – 10pm weekends 2pm – 5pm
- Offers support, advice and information about self-harm and suicide

# **Samaritans**

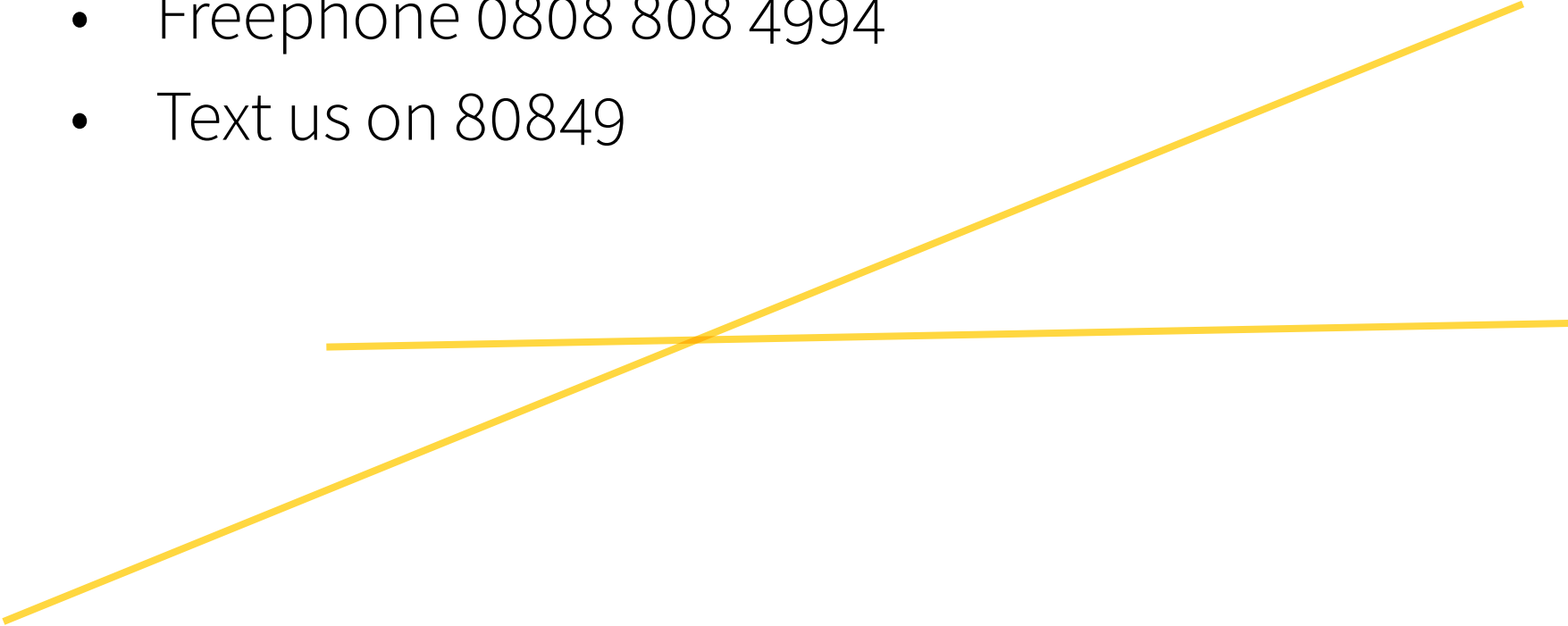
[www.samaritans.org](http://www.samaritans.org)

- 24/7 talk line, 08457 90 90 90
- 24/7 text line, 077 25 90 90 90
- Talk or chat text to someone about you or a friend




# Get Connected

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

- Helpline for people under 25 available between 1pm and 11pm daily
  - Freephone 0808 808 4994
  - Text us on 80849
- 
- Two decorative yellow lines are present at the bottom of the slide. One is a long diagonal line starting from the bottom left and extending towards the top right. The other is a horizontal line that starts from the left side and extends towards the right side, crossing the diagonal line.

## **YCN**et

[www.youngcarers.net](http://www.youngcarers.net)

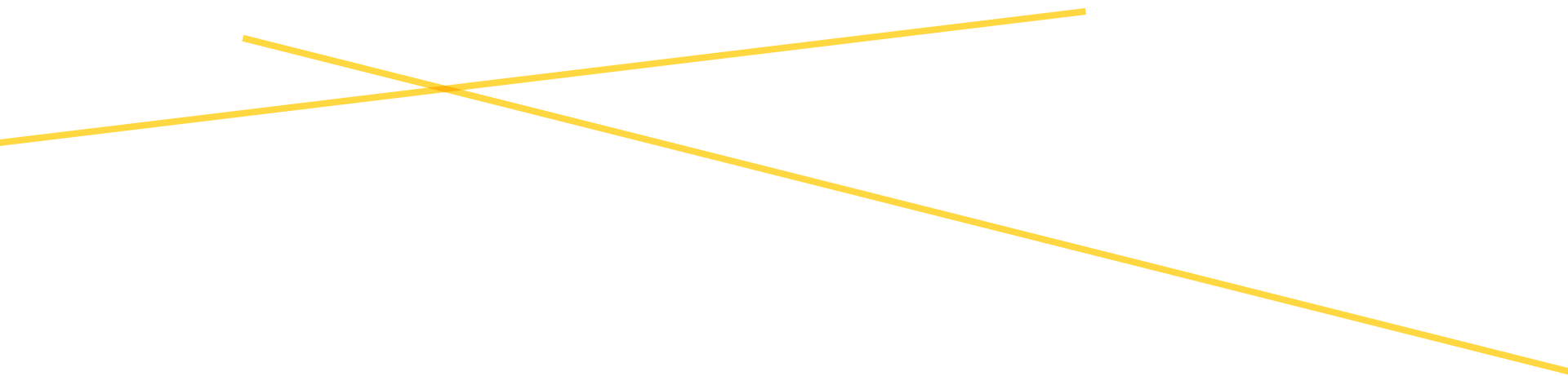
- online support for young carers aged 18 or under
  - Help for those looking after family members with an illness, disability, drug/alcohol addiction or mental health condition
  - Chat to other young carers, share stories and hear about each others' experiences
- 



# **Al-Anon Family Groups**

[www.al-anonuk.org.uk/alateen](http://www.al-anonuk.org.uk/alateen)

- Support groups for teenage relatives and friends of alcoholics



# Mind

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

- Info line 0300 123 3393 available weekdays 9am – 6pm
- Advice about feelings and behaviours
- Also provides advice about how to prepare for exams and strategies for coping with exam stress

