

Current Support and Resources for Self-Harm

In Medway and Nationally.

Local Services (Medway & Kent)

KMPT – Need Help?

Kent and Medway NHS and Social Care Partnership Trust (KMPT) signposts to a range of different services depending on your age, location and illness.

<https://www.kmpt.nhs.uk/need-help>

Release The Pressure

Release the Pressure is a free, confidential 24-hour service. Support is available whenever you need it.

To get in touch you can:

- Text the word 'Medway' to 85258
- Use the [Release the Pressure webchat services](#)
- Call 0800 107 0160.

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

Kent & Medway Mental Health Crisis Line.

Anyone in Kent and Medway who is not currently receiving care or treatment from KMPT can receive 24/7 urgent help on

0800 783 9111

(Age 18+ Service)

NHS- Medway Safe Haven

The Medway Safe Haven can offer face-to-face support and is available to anyone aged 16 and over.

https://www.medway.gov.uk/info/200231/mental_wellbeing/966/suicide_prevention/2#Medway%20Safe%20Haven

The new **Safe Haven** should now be open at Medway Hospital, with facilities for MH assessments to be conducted there. Initially, they will be open 6pm to 11pm 7 days a week.

From 1/10/2023, the Medway Safe Haven will be open 12 noon to 12 midnight. It is anticipated that the new model of care will be in place for 1/04/2024 and will be 24 hours 365 days a year for those 18+.

NHS

Kent and Medway



AMPARO
support following suicide

AMPARO

A new specialist service in Kent and Medway for anyone who has been bereaved by a suicide.

<https://amparo.org.uk/our-locations/kent-medway/>

National Services

NHS - Healthy Mind

Every Mind Matters is a new campaign encouraging everyone to feel more confident about taking care of their mental health.

<https://www.nhs.uk/every-mind-matters/>

The Samaritans

The Samaritans helpline provides confidential, non-judgmental emotional support 24/7.

You can contact them by:

- Phone: 116 123
- Email: jo@samaritans.org.

The Samaritans logo consists of the word "SAMARITANS" in white, uppercase, sans-serif font, centered within a solid green rectangular box.

<https://www.samaritans.org/>

NHS - Where to get help for self-harm

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

Hub of hope



Brings local, national, peer, community, charity, private and NHS mental health support and services together in one place

<https://hubofhope.co.uk/page/what-is-the-hub-of-hope>

Heads Above The Waves

There are plenty of people out there who not only really know their stuff, but they care about you, and they want to help you get through it. You are not alone.

<https://hatw.co.uk/helplines/>

The logo for Heads Above The Waves features the text "HEADS ABOVE THE WAVES" in a white, hand-drawn, uppercase font, with a blue wavy line underneath.

Mind



Explains self-harm, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/treatment-and-support/>

Apps and Online Support Groups

Self-heal

A free App to help with the management of self-harm. Includes distraction task suggestions, useful contacts, information on self-harm and a gallery of inspirational images.

<http://self-healapp.co.uk/>

Alumina

Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK.

<https://www.selfharm.co.uk/>



Stay Alive App

For those at risk of suicide and those who are worried about someone.

<https://www.stayalive.app/>



Kooth

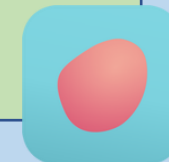
Free, safe and anonymous support

<https://www.kooth.com/>

Cove

Clinically approved to help you self-manage your mental health using music therapy principles in an easy and enjoyable way.

<https://cove-app.com/>



Calm Harm

Calm Harm is a free app that helps you manage or resist the urge to self-harm.

<https://calmharm.co.uk/>



Beyond Now

Sometimes life can be overwhelming, and suicide may seem like the only way to relieve the pain. Beyond Now is an app created by Beyond Blue to support people through these feelings.

<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

Information for Parents and Carers

Hope and recovery: Living Warriors Films

There is always hope. Each Living Warriors film tells the story of the road to recovery from the darkest points.

<https://www.livingwarriorsfilms.com/>



Child Mental Health – Child Health Team

We're committed to providing children with social activities that contribute towards positive mental health, along with ensuring support services are both in place and accessible for families when extra help is needed.

https://www.medway.gov.uk/info/200580/child_mental_health

YOUNGMINDS

RC Psych



This webpage looks at the reasons behind why people self-harm and offers advice about what to do to help.

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/self-harm-for-parents>

NSPCC

NSPCC

We've got advice to help you understand why children and teenagers self-harm, and what you can do to support them.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>

Young Minds – A Guide to Self-Harm

Read our guide to self-harm to learn more about what self-harm is, what the signs of self-harm are in a young person, and where to get support.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

Information and Services for Professionals

Hope and recovery: Living Warriors Films

There is always hope. Each Living Warriors film tells the story of the road to recovery from the darkest points.

<https://www.livingwarriorsfilms.com/>

WhatsUp? – App

WhatsUp? provides daily tools that promote positive mental health and wellbeing for everyone in your organisation.

Secure, confidential and non-judgmental it allows your wellbeing department to instantly support those that need help most.

<https://www.thewhatsupapp.co.uk/>



YOUNGMINDS

Young Minds – Professionals

Use this page to find quick links and resources.

<https://www.youngminds.org.uk/professional/>



Mental Health Foundation

Find out what self-harm is, why people self-harm and how to get support/support others who do self-harm.

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/self-harm>

Harmless - Professionals

Whether you are a health or social care professional looking to refer someone to our service, or someone in need of some advice in order to improve the care that you offer, we will always do our best to foster a supporting and collaborative relationship.

<https://harmless.org.uk/professionals/>



Emergency Services – Help in a crisis

- If a YP has taken an overdose, NHS 111 should be called, they will triage through their pathways and make a clinical decision.
- If a YP is in a Mental Health Crisis and they are known to a locality team, they should contact their team in the first instance. If out of hours, they call Mental Health Direct 0800 995 1000.
- For any self-injuries that require medical attention, or medical clearance, UTCs are the preferred route. If they are closed, A&E would be the default department.
- 999 is advised if there is an immediate threat to life or danger.