

# CASS

## Women's Self Injury Helpline

**UK-wide**

emotional support, listening & signposting  
for *women affected by self injury,*  
*friends, family & carers*

**Monday - Friday 7pm - 10pm**

**0808 800 8088**

we can't see your number  
our number won't show up on phone bills  
free from all landlines and mobiles



We are an **independent, confidential** and **anonymous** service.  
Our helpline is run **by women for women** and we will support **anyone who identifies as a woman** who wants to talk about self-harm and/or self-injury.

**Confidential**

**Anonymous**

**Self injury**

**Support**

***We listen and don't judge***

Volunteers may listen to calls as part of training  
We do not record calls or pass on personal information  
Self Injury Support is a registered charity 1092299  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Self  
injury  
Support  
support for women and girls  
resources and training for all



the  
**Tudortrust**