



## Self injury Support is still here for you

We just wanted to let you know that during this very difficult time we are still here and aim to offer support in as many ways as we can. Dealing with the current global situation on top of existing struggles with mental health is leaving people feeling more isolated than ever. Along with people who self-harm we have developed a range of self-help and information pages on our website:

Experience-led self-help resource: <https://www.selfinjurysupport.org.uk/experience-led-self-help-resource>

Dealing with self-harm in lockdown: <https://www.selfinjurysupport.org.uk/self-care-and-self-advocacy>

First Aid for self-harm: <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid>

Seeking treatment and self advocacy: <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy>

Harm Minimisation: <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation>

Distractions and Displacement: <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement>

Exploring Alternatives: <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives>

Blogs about self-harm and coronavirus: <https://www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19>

A range of other self-help and information: <https://www.selfinjurysupport.org.uk/Pages/Category/self-help-resources>

*We welcome all feedback on these pages and suggestions of things to add from your own experiences. We are still here.*