

## **Self Injury Support**

Self injury Support provides confidential, anonymous, non-judgemental emotional support to anyone of any age or gender affected by self-injury. You can contact them for support by:

- freephone telephone helpline
- text message (texts cost standard rate)
- webchat
- email

Their email support is ran by listening volunteers. It may take up to 1 week to get a reply to your email. Volunteers are trained to discuss self-harm and the issues around it. You can share whatever you need to in your emails. Including things you feel like you can't say to anyone else.

All of their services are confidential and anonymous. They will only pass on details to emergency services if they have immediate concerns for your safety, or the safety of someone you talk about in your message.

They have self-help resources and information about self-injury on their website.

Last updated: February 20, 2025

**Telephone:** 0117 9279600

Telephone note: General enquiries only open 10am to 5pm

Website: www.selfinjurysupport.org.uk

Helpline: 0808 800 8088

Emotional support text and helpline services: Mondays and Thursdays, 7pm to 10pm

Email: tessmail@selfinjurysupport.org.uk

Email 2: info@selfinjurysupport.org.uk

Twitter: www.twitter.com/sisupportorguk

Facebook: https://www.facebook.com/sisupportorguk/

Opening Hours: Office: 10am to 5pm

Emotional support text and helpline services: Mondays and Thursdays, 7pm to 10pm

Cost: Free

Address: PO Box 3240

Bristol BS2 2EF

## **Related Articles**

Mental Health

Suicide

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