

Sift (formerly Self Injury Support)

Sift's listening services offer free, compassionate and confidential support over phone, text and email. We are here to help people of all ages, genders and backgrounds in the United Kingdom who may be experiencing emotional distress related to self-harm.

When you reach out to us you will talk with one of our trained volunteers who are experienced in how to help people in your situation. They will listen to you, help you explore your story and feelings, and support you in any decisions you choose to make.

You can also visit our website for access to our self-help resource library.

Last updated: May 14, 2026

Telephone: 0117 9279600

Telephone note: (Office only - support unavailable through this line)

Website: www.sift.org.uk

Helpline: 0808 800 8088

Emotional Support Helpline

Textphone: 07537432444

Email: tess@sift.org.uk

Email 2: info@selfinjurysupport.org.uk

Twitter: <https://x.com/siftsupportuk>

Facebook: <https://www.facebook.com/siftsupportuk>

Opening Hours: Office: 9am to 5pm Monday to Friday. Check our website for Listening Support Service opening times, available Monday to Friday.

Cost: Free

Address:

14 Upper Maudlin Street
Bristol
BS2 8DJ

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