Sift (formerly Self Injury Support)

Sift offers support to people affected by self-harm. Visit their website for advice, self-help resources, training and information.

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.

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Telephone: 0117 9279600

Website: www.sift.org.uk

Email 2: info@selfinjurysupport.org.uk

Twitter: https://x.com/siftsupportuk

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

Cost: Free

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