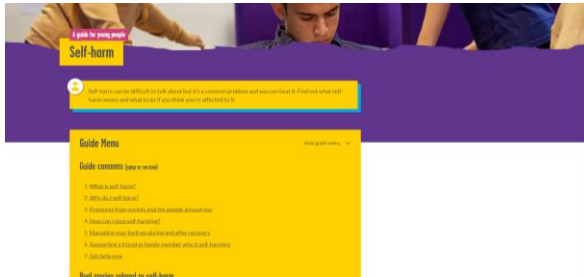


Self Harm

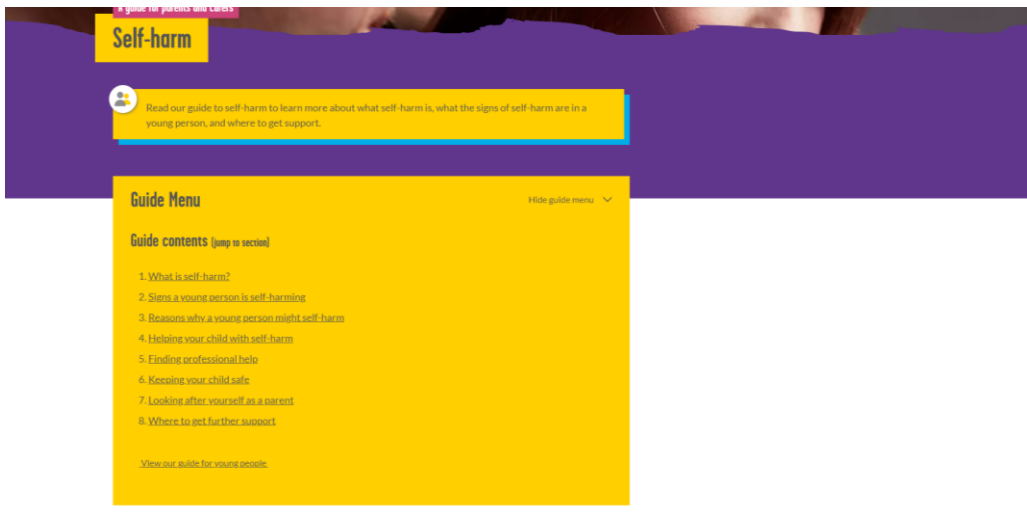
Young Minds: A guide for young people

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>



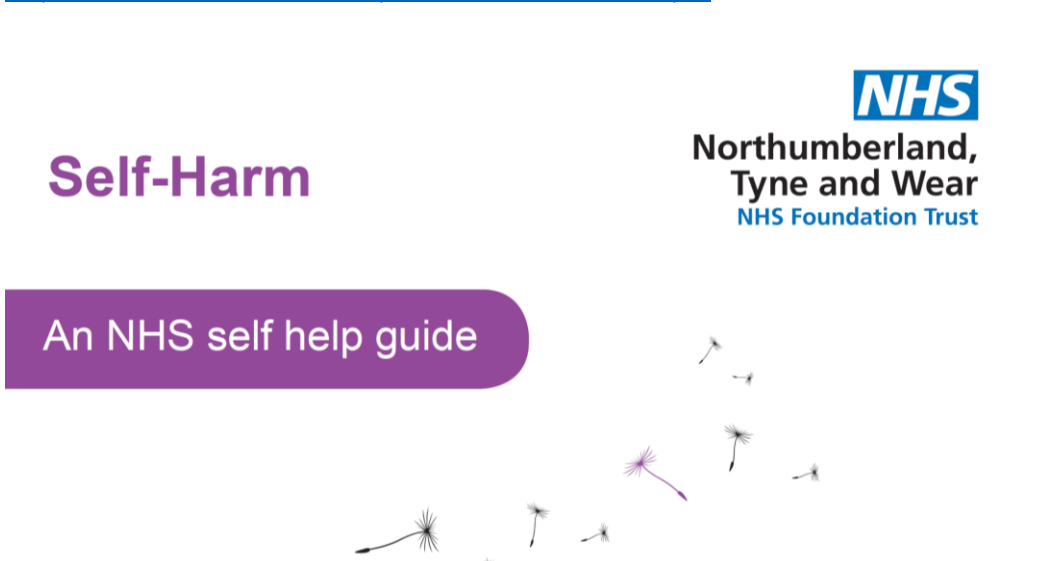
Young Minds: A guide for parent's and carers

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>



NHS: Self-Harm – An NHS self help guide

<https://web.ntw.nhs.uk/selfhelp/leaflets/Self%20Harm.pdf>



Bee-U: Self Help

<https://camhs.mpft.nhs.uk/bee-u>

Getting Help

Kooth



The Children's Society Beam (Shropshire, Telford & Wrekin)



Getting More Help

[Referring for an Assessment](#)



Autism Diagnostic Pathway



ADHD (Attention Deficit Hyperactivity Disorder) Pathway



Getting Risk Support

24/7 Urgent Helpline

