This self-help support guide offers information, apps, websites and helplines which can support you if you are feeling low.

Need therapeutic support? You can fill our SPA referral form to access counselling:

Scan the code to access our counselling webpage

Supportive contacts:

Health and wellbeing Centre:





^ Health and Wellbeing Hub ^

IAPT (Improving Access to Psychological Therapies):



Barnsley Mind:







Support guide

What is Self-Harm?

Self-harm is often used as a release of negative feelings.

It is usually a symptom of another mental health illness such as anxiety, depression etc..

Studies suggest that one in ten 15-16 year olds self-harm.

Useful Apps:

Have access to a mobile phone? Here are some useful self-help apps:

♣ CalmHarm



Headspace



Mind Doc



My Therapy



4 7 Cups



📤 Calm



SAM (Self-help for anxiety)

Meditation is a great way to help manage low mood! Check out this calm breathing bubble:



Useful Websites:

YoungMinds



♣ Rethink



Alumina



Harmless



Samaritans



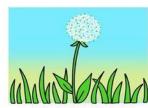
Mind



♣ NHS



DEALING WITH DIFFICULT FEEL





2. NAME THE FEELING





SIT WITH THE FEELING