Useful contacts

Support line - a website with a bank of UK support helplines for different issues or worries. **Website**: <http://www.supportline.org.uk/problems/self_injury.php> -

National self harm network – a website offering a helpline, resources and further links. **Website**: <http://www.nshn.co.uk/>

Self injury support – lots of national helplines and sources of further information.

**Website**: <http://www.selfinjurysupport.org.uk/helpful-national-services>

Women’s centre – offering a wide range of services including support groups, learning opportunities and counseling. **Tel: 01422 386 500**

**website:** http://womencentre.org.uk/contact-us/

Samaritans **- Tel: 08457 909090 email:** jo@samaritans.org

Noah’s Ark Cafe – a community hub offering a range of services and a good place to have a cuppa and a bite to eat.

Address: **322-326 Ovenden Rd, Halifax, West Yorkshire**

**website:** http://www.noahsarkcentre.org.uk/ - Tel: **01422 366911**

* Calderdale community mental health team - if you have concerns about your own or another persons’ mental health and would like advice. Tel: **01422 355626**

[www.siari.co.uk](http://www.siari.co.uk) – self-injury and related issues is a site that offers information and maintained by a trained counsellor.

[www.selfharm.org](http://www.selfharm.org) – self-injury guidance and network support. Offer a free monthly newsletter and a safe message board.

[www.nshn.co.uk](http://www.nshn.co.uk) – UK survivor led organisation. Committed to campaigning for the rights and understanding of people who self harm.

**Healthy Minds homepage** for information about our services please visit [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk) or call 01484 345154 and speak to anyone about our other projects.