

Self Harm Webinar

For Professionals

Hosted by Gloucestershire Self Harm Helpline



Gloucestershire
Self Harm Helpline

Self harming?

Do you know or support someone who self harms and wants information and support?

Thinking of stopping but unsure how?

Need some confidential support around self harm?

Unsure if you want to stop but would like to talk about how to manage this?

Struggling with self-harm or suicidal thoughts?

Find it hard to talk on the phone?



Call

freephone 0808 801 0606



Text

07537 410 022

You can text us anytime but only send live responses during opening hours.



www.gloucestershire.gov.uk

Online via Zoom

2nd November at 11am

Do you support anyone affected by self harm or suicide? Please join GSHHL's free Professionals webinar. Find out about the Helpline and how we help those that contact us.

Please email glosselfharm@rethink.org or janice.laverick@rethink.org in order to find out more about this free resource.

rethink.org

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Gloucestershire
COUNTY COUNCIL

