

7 NIGHTS A WEEK, 365 DAYS A YEAR

Rethink
Mental
Illness.

Gloucestershire Self Harm Helpline Service

Freephone **0808 801 0606**

Thinking of
stopping but
unsure how?

Need some
confidential
support around
self harm?

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

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

SELF HARMING?

Struggling
with self-harm
or suicidal
thoughts?

Find it hard
to talk on
the phone?

Text us on **07537 410022**

You can text us anytime but we will only send live responses during our opening hours. All text messages will be charged at your network providers normal rate.

for online support visit **www.rethink.org/glosselfharm**

(Scroll down to the bottom of the page and click on the link).