



SGS Wellbeing Service &
Students' Union

SELF HARM

wellbeingservice@sgscol.ac.uk

What is self-harm?

Self-harm can take lots of physical forms, including cutting, burning, bruising, scratching, hair pulling, poisoning and overdosing. There are many reasons why young people try to hurt themselves. Rather than being a cry for attention for attention or an attempt at suicide, self-harm is usually a way for young people to release overwhelming emotions.

How to get help

Speak to any member of staff or email your concerns to the colleges Safeguarding Team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit [Ecampus](#)

Other support

[Carmharm App](#)

[Childline](#) [0800 1111](tel:0800 1111)

[DistrACT](#)

[Harmless](#) info@harmless.org.uk

[Mind](#) [0300 123 3393](tel:0300 123 3393) or text [86463](tel:86463)

[NSPCC](#) [0808 800 5000](tel:0808 800 5000)

[Samaritans](#) [116 123](tel:116 123) or email jo@samaritans.org

[Selfharm UK](#)

[Self Injury Support](#) [0808 800 8088](tel:0808 800 8088) or text [07537 432444](tel:07537 432444)

[The Mix](#) [0808 808 4994](tel:0808 808 4994) or text THEMIX to [85258](tel:85258) (Crisis Text Line)