

Open 5pm until 10pm  
7 nights a week, 365 days a year



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 we will only send live responses during our opening hours.



Webchat

[www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org)

[rethink.org](http://rethink.org)

Registered in England Number 1227970.



Gloucestershire  
COUNTY COUNCIL

Helplines  
STANDARD