

Women's Self Injury Helpline

emotional support, listening & signposting
for women affected by self injury

Tuesday, Wednesday & Thursday 7 - 10pm

Thursday 3 - 6pm

0808 800 8088

we can't see your number
our number won't show up on phone bills
free from mobiles on 3 EE O2 Orange T-Mobile Virgin Vodafone
free from landlines



We are an **independent, confidential** and **anonymous** service.
Our helpline is run **by women for women** and we will support **anyone who identifies as a woman** who wants to talk about self-harm and/or self-injury.

confidential
non-judgemental
supportive



the
Tudortrust

Volunteers may listen to calls as part of training
We do not record calls or pass on personal information
Self Injury Support is a registered charity 1092299
www.selfinjurysupport.org.uk

Self
injury
Support
support for women and girls
resources and training for all