



Self-injury  
awareness day

1st March 2022

## Young people & parents and carers

FREE recording of the [Self-harm: Parent and carer session](#) from the 11th of May with the Charlie Waller Trust (Access password: WestSussexCC1105!). This self-harm session is for parents and carers of a young person engaged in or at risk of engaging in self-harming behaviour.

[Calm Harm](#) Calm Harm is an app designed to help people resist or manage the urge to self-harm.

[Sussex Mental Healthline](#) for telephone support and information 0800 0309 500

[e-wellbeing](#) is a digital wellbeing service for young people run by YMCA Downlink Group. Their aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place at a time that is right for them

[Conversation starter](#) ideas

West Sussex Mind free self-harm e-learning. To book a place, see the [Eventbrite website](#).

[Self-harm in the community](#): Awareness and signposting for parents and carers engagement page

[Shout](#) 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support

Coping with self-harm for parents and carers - see the [Charlie Waller Trust website](#). A guide for parents and carers is also available as a hard copy or for download from the [Charlie Waller Trust website](#).

[Young minds](#) A guide for young people on self-harm

[Your Space](#) is a website specifically for young people in West Sussex. It has information and news on careers, education, life, leisure, health and where to find support.

Young minds parents helpline - see the [Young Minds website](#)

FREE [Self-harm learning networks](#) for parents and carers - Parents and carers will receive log in details once they have accessed a virtual workshop. This will give them access to recordings and resources shared within the session specifically on self-harm.

[Alumnia](#) - free online support programme for 14-19-year-olds struggling with self-harm and wanting to move towards recovery.

The West Sussex [Local Offer](#) helps you find information about local services, support and events for children and young people aged 0 - 25 years who have special educational needs or disabilities (SEND). You can also find [childcare](#) via the West Sussex Family Information Services website.

[Mind Ed for families](#) has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together.