

## Self injury Support is still here for you

We just wanted to let you know that during this very difficult time our text-based support services are still open and we are here to listen and support. Dealing with the current global situation on top of existing struggles with mental health is leaving people feeling more isolated than ever. Our TESS service offers emotional listening support for women and girls affected by self injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self injury.

All of our services are open from 7pm -9.30, Tuesday-Thursday.

You can:

**Text** us on **07537 432 444**

**Email** us at [tessmail@selfinjurysupport.org.uk](mailto:tessmail@selfinjurysupport.org.uk)

Or start a webchat here <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support>

Webchats are for up to half an hour.

If you don't know where to start just text or message 'hello' and we will be there with you.

All our services are confidential and anonymous.

We also have lots of self-help resources and information on our website at

<https://www.selfinjurysupport.org.uk/Pages/Category/self-help-resources>

