



Self-harm Resources

Emergency Help

- If you or another student has been injured or need urgent medical help, call 999 immediately.
- For urgent mental health crisis (24/7): NHS 111, select **Mental Health (option 2)**.
- **LSE Campus Security (Emergency Line)**: Call 020 7955 6555 – [Security services](#).

Apps and Online Tools

- **Calm Harm App**: [Calm Harm App](#) – free app to manage or resist the urge to self-harm.
- **Recoveryourlife.com**: [RecoverYourLife](#) – online self-harm support community including the *Butterfly Project*.
- **DistrACT App**: [distrACT \(UK\) - Expert Self Care](#) – distraction and self-help guidance for managing self-harm urges.
- **Alumina**: [Alumina | Self-harm](#) – online peer support course for 11–19 year olds.
- **The Mix**: [The Mix](#) – support for under 25s experiencing self-harm or distress. Text **THEMIX** to **85258** for confidential crisis support.

National Helplines

- **Samaritans**: 116 123 (24/7, free), [Samaritans | Here to listen](#).
- **Shout**: Text **SHOUT** to **85258** (24/7 crisis text service) [Shout: The UK's free, confidential, 24/7 mental health text service](#).
- **Mind**: 0300 123 3393 – mental health information and support [Mind, the mental health charity](#).

Self-Help Guides and Other Resources

- **Good Thinking – Digital Mental Health in London**: [Digital mental health and wellbeing support for Londoners | Good Thinking](#) – online tools for managing anxiety, stress and self-harm urges.
- **CNTW Self-Help Guide**: [Self Harm: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](#) – This guide aims to help you understand self-harm, what can cause it and keep it going. It also explores ways of controlling self-harm and offers practical suggestions to help you cope.
- **MIND**: [How to help yourself if you self-harm | Support | Mind](#) – tips to help with urges to self-harm.
- **LSE Campus Security (Non-Emergency Line)**: Call 020 7955 6200.
- **LSE Cause For Concern Form**: [Cause for Concern](#) – If you are concerned about a student's wellbeing or safety, please complete the Cause for Concern form.