

# THRIVE DIRECTORY

Self-Harm

If you wish to add more organisations to this document, please contact  
Parental Minds at [admin@parentalminds.org.uk](mailto:admin@parentalminds.org.uk)



**PARENTAL  
MINDS C.I.C.**



**PARENT+  
SUPPORT HUB**

# Self-Harm Thrive Directory

F2F = Face to Face

Thriving		
Name	Description	Link
Action East Devon	Non-clinical spaces and programmes for young people and their families	<a href="https://www.actioneastdevon.org.uk/">https://www.actioneastdevon.org.uk/</a>
Devon Community Foundation Trust	Devon village profiles	<a href="https://devoncf.com/our-work/reports-and-publications/">https://devoncf.com/our-work/reports-and-publications/</a>
Devon Connect	Things to do and services in Devon	<a href="https://devonconnect.org/">https://devonconnect.org/</a>
Facebook	Search 'Whats on' in your area	<a href="https://www.facebook.com/">https://www.facebook.com/</a>
Happy Maps	Mental Health Directory	<a href="https://happymaps.co.uk/">https://happymaps.co.uk/</a>
Health for Kids	Interactive resource for children	<a href="https://www.healthforkids.co.uk/">https://www.healthforkids.co.uk/</a>
Honiton Health Matters	Honiton and surrounding area	<a href="https://www.honitonhealthmatters.org.uk/">https://www.honitonhealthmatters.org.uk/</a>
Involve	Volunteering opportunities and events	<a href="https://involve-middevon.org.uk/news/">https://involve-middevon.org.uk/news/</a>
Pinpoint	Things to do and services in Devon	<a href="https://www.pinpointdevon.co.uk/">https://www.pinpointdevon.co.uk/</a>
Sid Valley Help	Sidmouth and surrounding areas	<a href="https://www.sidvalleyhelp.co.uk/">https://www.sidvalleyhelp.co.uk/</a>
Health for Teens	Interactive resource for teens	<a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a>
The Joy App	Social Prescribing	<a href="https://www.thejoyapp.com/">https://www.thejoyapp.com/</a>
The Waffle House	Axminster and Seaton	<a href="https://waffle.org.uk/about/waffle-house/">https://waffle.org.uk/about/waffle-house/</a>

Thriving and Getting Advice			
Type	Name	Description	Link
Online	Adoddle	Organisation location service	<a href="https://adoddle.org/">https://adoddle.org/</a>
F2F	Action East Devon	Non-clinical spaces and programmes for young people and their families	<a href="https://www.actioneastdevon.org.uk/">https://www.actioneastdevon.org.uk/</a>
Online	Autism Mag	Online parenting magazine	<a href="https://www.autismparentingmagazine.com/">https://www.autismparentingmagazine.com/</a>
Online	Autism UK	Autism awareness	<a href="https://autismuk.com/">https://autismuk.com/</a>
Online	Carers UK	Financial and practical support	<a href="https://www.carersuk.org/">https://www.carersuk.org/</a>

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Online & F2F	Carers UK	Emotional support (parents and caregivers)	<a href="https://carers.org/">https://carers.org/</a>
Online	Childline	Upskilling and support for under 18s	0800 1111 <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
Online	Creative Education	Awareness, upskilling and how to support	<a href="https://www.creativeeducation.co.uk/">https://www.creativeeducation.co.uk/</a>
Online	Devon Voluntary Action	DEVA videos on health and care	<a href="https://www.healthandcarevideos.uk/">https://www.healthandcarevideos.uk/</a>
Online	Healthtalk	Information and navigation	<a href="https://healthtalk.org/">https://healthtalk.org/</a>
Online	Hub of Hope	Organisation location service	<a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a>
Online & F2F	Mind	Information and peer support	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>
Online	Mind Ed	Upskilling - adults	<a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a>
Online	NHS	Awareness, upskilling and navigation	<a href="https://www.nhs.uk/mental-health/">https://www.nhs.uk/mental-health/</a>
Online	NICE	Guidelines for support	<a href="https://www.nice.org.uk/search?q=Self-harm">https://www.nice.org.uk/search?q=Self-harm</a>
Online	NSPCC	Upskilling and reporting (child's safety)	<a href="https://www.nspcc.org.uk/search/?query=self%20harm">https://www.nspcc.org.uk/search/?query=self%20harm</a>
Online & F2F	Parental Minds CIC	Navigation, upskilling, training	<a href="https://www.parentalminds.org.uk/category/all-resources/">https://www.parentalminds.org.uk/category/all-resources/</a>
Online & F2F	Parental Minds CIC	Awareness, upskilling and how to support loved ones	<a href="https://www.parentalminds.org.uk/links/">https://www.parentalminds.org.uk/links/</a>
Online & F2F	Parental Minds CIC	Support for carers, peer support	<a href="https://www.parentalminds.org.uk/parent-support-hub-meetings/">https://www.parentalminds.org.uk/parent-support-hub-meetings/</a>
Online & F2F	Place2Be	Mental health in schools	<a href="https://www.place2be.org.uk/our-services/services-for-schools/mental-health-support-in-schools/">https://www.place2be.org.uk/our-services/services-for-schools/mental-health-support-in-schools/</a>
Online	Rethink	Advice and information for mental illness	<a href="https://www.rethink.org/search-results?q=Self-harm">https://www.rethink.org/search-results?q=Self-harm</a>
Online	Satveer Nijjar	Awareness, upskilling and training	<a href="http://satveernijjar.com/">http://satveernijjar.com/</a>
Phone & F2F	School Nurse (Chat Health)	Text support for 11-19	07520 631722 <a href="https://www.healthforteens.co.uk/devon/find-help/">https://www.healthforteens.co.uk/devon/find-help/</a>
Phone & F2F	School Nurse (Chat Health)	Parent and caregivers	07520 631721 <a href="https://www.healthforkids.co.uk/devon/school-nurses/">https://www.healthforkids.co.uk/devon/school-nurses/</a>
Online	Self-injury UK	Upskilling, navigation and support	<a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a>
	Starting Point	Single point access for mental health support	<a href="https://headsupmha.com/starting-point/">https://headsupmha.com/starting-point/</a>
	Starting Point (Exmouth)	Wellbeing navigation for 4-17 years	07984 354049
Online	X-Plore	Navigation (LGBTQ+)	<a href="https://www.lgbtqyouthdevon.org.uk/resources">https://www.lgbtqyouthdevon.org.uk/resources</a>
F2F	Young Devon	Wellbeing Cafe	<a href="https://www.youngdevon.org/wellbeing/our-wellbeing-services">https://www.youngdevon.org/wellbeing/our-wellbeing-services</a>
Online	Young Minds	Upskilling and support (youngsters)	<a href="https://www.youngminds.org.uk/young-person/">https://www.youngminds.org.uk/young-person/</a>

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Online	Young Minds	Awareness and upskilling (parents and caregivers)	<a href="https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/">https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/</a>
Online	Young Minds	Awareness and upskilling (support workers)	<a href="https://www.youngminds.org.uk/professional/">https://www.youngminds.org.uk/professional/</a>

Getting Help			
Type	Name	Description	Link
Online	Alumina	Weekly support course and upskilling	<a href="https://www.selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing">https://www.selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing</a>
Online	Battlescars	Self-harm support	<a href="https://www.battle-scars-self-harm.org.uk/">https://www.battle-scars-self-harm.org.uk/</a>
App	Blue Ice	Mood diary and toolbox	<a href="https://www.oxfordhealth.nhs.uk/blueice/">https://www.oxfordhealth.nhs.uk/blueice/</a>
F2F	Bounce	Mental health charity	<a href="https://www.bouncebrighterfutures.co.uk/">https://www.bouncebrighterfutures.co.uk/</a>
F2F	Building Futures	1-2-1 Mentoring with Young Devon	<a href="https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring">https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring</a>
App	Calm Harm	App	<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a>
Online/ F2F	CFHD	Early help via single point of access team	<a href="https://childrenandfamilyhealthdevon.nhs.uk/occupational-therapy/referrals/">https://childrenandfamilyhealthdevon.nhs.uk/occupational-therapy/referrals/</a>
Text Support	Crisis Text Line	85258 - Text a volunteer and online information	<a href="https://www.crisistextline.uk/">https://www.crisistextline.uk/</a>
App	Distract	Resources and crisis advice	<a href="https://www.expertselfcare.com/health-apps/distract/">https://www.expertselfcare.com/health-apps/distract/</a>
Online	Get Self Help	CBT Resources	<a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a>
F2F	GP	Mental health and social prescribing teams	<a href="https://www.eastdevonhealth.co.uk/about/members/">https://www.eastdevonhealth.co.uk/about/members/</a>
App	Harmless	Resources and clinical support	<a href="https://harmless.org.uk/">https://harmless.org.uk/</a>
App	Headspace	Meditation and sleep	<a href="https://www.headspace.com/">https://www.headspace.com/</a>
Online	Kelty ED	Eating Disorder support	<a href="https://keltyeatingdisorders.ca/">https://keltyeatingdisorders.ca/</a>
Online	Kooth	Online counselling and emotional well-being platform for children and young people	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
Online	Lifesigns	Self injury guidance and network support	<a href="https://www.lifesigns.org.uk/">https://www.lifesigns.org.uk/</a>
Online	NAS	Navigating, upskilling and support	<a href="https://www.autism.org.uk/advice-and-guidance/topics/mental-health">https://www.autism.org.uk/advice-and-guidance/topics/mental-health</a>
Online/ F2F	New Maudsley Carers	Research and training	<a href="https://thenewmaudsleyapproach.co.uk/">https://thenewmaudsleyapproach.co.uk/</a>
Online/ F2F	Normal Magic	Single session	<a href="https://www.normalmagic.co.uk/">https://www.normalmagic.co.uk/</a>

## F2F = Face to Face

F2F	Oasis	Overdose and self-injury support	<a href="https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service">https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service</a>
Online/ Helpline	Papyrus	Young suicide prevention	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>
Online/ F2F	Parental Minds	Navigation, upskilling, training and peer support	<a href="https://www.parentalminds.org.uk/parent-support-hub-meetings/">https://www.parentalminds.org.uk/parent-support-hub-meetings/</a>
Online	Qwell	Anonymous messaging for adults	<a href="https://www.qwell.io/">https://www.qwell.io/</a>
Helpline	Saneline	Phone, email, and text	<a href="https://www.sane.org.uk/">https://www.sane.org.uk/</a>
Helpline	Shout	Text service	<a href="https://giveusashout.org/">https://giveusashout.org/</a>
Online/ F2F	Sidmouth Youth Centre	Support for 11-25	<a href="https://www.youngdevon.org/where-we-work/sidmouth-youth-centre">https://www.youngdevon.org/where-we-work/sidmouth-youth-centre</a>
Online/ F2F	Space	Youngsters groups and 1:1	<a href="https://www.spaceyouthservices.org/">https://www.spaceyouthservices.org/</a>
Online	Spunout	Awareness and support	<a href="https://spunout.ie/">https://spunout.ie/</a>
Online	Staying Safe	Safety Plans	<a href="https://stayingSAFE.net/ST/">https://stayingSAFE.net/ST/</a>
Helpline	Supportline	01708 765 200 (hours vary, ring for details)	<a href="https://www.supportline.org.uk/">https://www.supportline.org.uk/</a>
Online/ F2F	Talkworks	Self referral and workshops	<a href="https://www.talkworks.dpt.nhs.uk/">https://www.talkworks.dpt.nhs.uk/</a>
Online	Teen Flash	Upskilling	<a href="https://www.teenflash.co.uk/">https://www.teenflash.co.uk/</a>
App	Tell Mi (previously MeeToo)	App for young people	<a href="https://www.tellmi.help/">https://www.tellmi.help/</a>
Helpline	The Mix	Phone, app, and text, under 25s	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>
F2F	YMCA	Upskilling courses (youngsters and parents)	<a href="https://www.ymca.org.uk/">https://www.ymca.org.uk/</a>
F2F	Young Devon	Wellbeing conversation and 6 week counselling	<a href="https://www.youngdevon.org/wellbeing/wellbeing-toolkit">https://www.youngdevon.org/wellbeing/wellbeing-toolkit</a>
Online/ F2F	Youth Arts and Health Trust	Creative art therapies	<a href="https://www.youthartsandhealth.org/">https://www.youthartsandhealth.org/</a>

## More Help

Type	Name	Description	Link
Online	Alumina	Weekly support and upskilling	<a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a>
Online	Autistica	Research and campaigns	<a href="https://www.autistica.org.uk/">https://www.autistica.org.uk/</a>
Online	BattleScars	Self-harm Support	<a href="https://www.battle-scars-self-harm.org.uk/">https://www.battle-scars-self-harm.org.uk/</a>
Online/ F2F	Bounce	Mental health charity	<a href="https://www.bouncebrighterfutures.co.uk/">https://www.bouncebrighterfutures.co.uk/</a>
Online/ F2F	Building Futures	1-2-1 Mentoring with Young Devon	<a href="https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring">https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring</a>

F2F = Face to Face

App	Calm Harm	Self-harm support app	<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a>
Online/ F2F	CAMHS	Support for children and young people	<a href="https://childrenandfamilyhealthdevon.nhs.uk/camhs/">https://childrenandfamilyhealthdevon.nhs.uk/camhs/</a> South Devon – 01803 763500 North Devon – 01271 384000
Online/ F2F	Changing Face	Skin camoflage service	<a href="https://www.changingfaces.org.uk/">https://www.changingfaces.org.uk/</a>
Online	First Person Plural	Dissociative Identity Disorder	<a href="https://www.firstpersonplural.org.uk/">https://www.firstpersonplural.org.uk/</a>
App	Harmless	Resources and clinical support	<a href="https://harmless.org.uk/">https://harmless.org.uk/</a>
Online	Kelty ED	Eating Disorder support	<a href="https://keltyeatingdisorders.ca/">https://keltyeatingdisorders.ca/</a>
Online	Lifesigns	Self-injury guidance and network support	<a href="https://www.lifesigns.org.uk/">https://www.lifesigns.org.uk/</a>
Online/ F2F	New Maudsley Carers	Research and training	<a href="https://thenewmaudsleyapproach.co.uk/">https://thenewmaudsleyapproach.co.uk/</a>
F2F/ Phone	Oasis	Overdose and self-injury support	<a href="https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service">https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service</a>
Online/ Helpline	Papyrus	Young Suicide Prevention	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>
Online/ F2F	Parental Minds	Navigation, upskilling, training, peer support	<a href="https://www.parentalminds.org.uk/">https://www.parentalminds.org.uk/</a>
Online	Qwell	Anonymous messaging for adults	<a href="https://www.qwell.io/">https://www.qwell.io/</a>
Online	Self-harm Parents	Peer support	<a href="https://www.facebook.com/selfharmforparents/">https://www.facebook.com/selfharmforparents/</a>
Online	Shout	Text service	<a href="https://giveusashout.org/">https://giveusashout.org/</a>
F2F	Skin Camoflage	Skin camoflage service	<a href="https://skin-camouflage.net/scwp/">https://skin-camouflage.net/scwp/</a>
Online/ F2F	Space	Youth services	<a href="https://www.spaceyouthservices.org/">https://www.spaceyouthservices.org/</a>
Online	Spunout	Upskilling on mental health (Ireland)	<a href="https://spunout.ie/category/mental-health">https://spunout.ie/category/mental-health</a>
Online	Staying Safe	Safety Plans	<a href="https://stayingsafe.net/">https://stayingsafe.net/</a>
Online/ F2F	Talkworks	Self referral and workshops	<a href="https://www.talkworks.dpt.nhs.uk/">https://www.talkworks.dpt.nhs.uk/</a>
App	Tell Mi (previously MeeToo)	App for young people	<a href="https://www.tellmi.help/">https://www.tellmi.help/</a>
Online/ F2F	Young Devon	Young people's charity	<a href="https://www.youngdevon.org/wellbeing/our-wellbeing-services">https://www.youngdevon.org/wellbeing/our-wellbeing-services</a>
Online/ F2F	Youth Arts Foundation	Creative art therapies	<a href="https://www.youthartsandhealth.org/">https://www.youthartsandhealth.org/</a>

Risk Support

Type	Name	Description	Link
Helpline	111	111 – Free call	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>
Online/ Helpline	CAMHS Crisis Team	9am – 5pm 01392 208 600 Out of hours emergency duty team – 0300 555 5000 South Devon – 01803 763500 North Devon – 01271 384000	<a href="https://childrenandfamilyhealthdevon.nhs.uk/camhs/">https://childrenandfamilyhealthdevon.nhs.uk/camhs/</a>

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Online	Every Life Matters	Resources and support	<a href="https://www.every-life-matters.org.uk/">https://www.every-life-matters.org.uk/</a>
Online/ Helpline	Papyrus	0800 068 4141	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>
Online	Prevent Suicide	Urgent support signposting - Stay Alive App	<a href="https://prevent-suicide.org.uk/">https://prevent-suicide.org.uk/</a>
Online/ Helpline	Samaritans	116 123 - Free call	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Helpline	The Mix	0808 808 4994 - under 25s 24/7	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>

## Further Reading - Counselling

Name	Description	Link
BACP	Qualified Counsellors	<a href="https://www.bacp.co.uk/search/Therapists">https://www.bacp.co.uk/search/Therapists</a>
CYP Southwest	Search for Services	<a href="https://swcypiapt.com/about/south-west-services/">https://swcypiapt.com/about/south-west-services/</a>
EPIC Solutions	Assessment & Support	<a href="https://www.epicsolutions.org.uk/">https://www.epicsolutions.org.uk/</a>
Freebird Counselling	Counselling	<a href="https://www.facebook.com/freebirdcounselling/">https://www.facebook.com/freebirdcounselling/</a>
Horizon Counselling Services	Counselling	<a href="https://www.horizonplymouth.co.uk/">https://www.horizonplymouth.co.uk/</a>
Ironmill	Counselling	<a href="https://www.ironmill.co.uk/counselling-service">https://www.ironmill.co.uk/counselling-service</a>
Normal Magic	Resources and support	<a href="https://www.normalmagic.co.uk/">https://www.normalmagic.co.uk/</a>
Southwest Family Values	1-2-1 Parenting support	<a href="https://southwestfamilyvalues.org.uk/">https://southwestfamilyvalues.org.uk/</a>
Tor Support	Ages 5-25 in Okehampton and surrounding parishes	<a href="https://torsupport.org.uk/">https://torsupport.org.uk/</a>

## Further Reading - Books, leaflets and guides

Name	Description	Link
Can I Tell You About Self-Harm	Book by Pooky Knightsmith	<a href="https://www.amazon.co.uk/Can-Tell-About-Self-Harm-Professionals/dp/1785924281">https://www.amazon.co.uk/Can-Tell-About-Self-Harm-Professionals/dp/1785924281</a>
Parenting a Teen Who Has Intense Emotions	Book by Pat Harvey	<a href="https://www.amazon.co.uk/gp/product/1626251886/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&amp;psc=1">https://www.amazon.co.uk/gp/product/1626251886/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&amp;psc=1</a>

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Rethink Mental Illness	Self Harm Factsheet	<a href="https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/">https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/</a>
Self-Harm - How to help your child	Book by Pooky Knightsmith	<a href="https://www.amazon.co.uk/Self-Harm-practical-Parents-Carers-Supporting-ebook/dp/B0B8J6X37R?crid=155GS3LSG84PP&amp;keywords=knightsmith&amp;qid=1662452752&amp;sprefix=knightsmith,aps,121&amp;sr=8-4&amp;linkCode=sll&amp;tag=eatidisoadvi-21&amp;linkId=c9ea-">https://www.amazon.co.uk/Self-Harm-practical-Parents-Carers-Supporting-ebook/dp/B0B8J6X37R?crid=155GS3LSG84PP&amp;keywords=knightsmith&amp;qid=1662452752&amp;sprefix=knightsmith,aps,121&amp;sr=8-4&amp;linkCode=sll&amp;tag=eatidisoadvi-21&amp;linkId=c9ea-</a>
Self-Harm and Eating Disorders in Schools	Book by Pooky Knightsmith	<a href="https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Whole-School/">https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Whole-School/</a>
Self-Harm Safety Plan	Leaflet by Pooky Knightsmith	<a href="https://www.pookyknightsmith.com/wp-content/uploads/2022/11/Self-harm-safety-plan.pdf">https://www.pookyknightsmith.com/wp-content/uploads/2022/11/Self-harm-safety-plan.pdf</a>
The Truth about Self-Harm	Leaflet by MentalHealth.org	<a href="https://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm">https://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm</a>

Further Reading - Other		
Name	Description	Link
Action for Children	Charity	<a href="https://www.actionforchildren.org.uk/">https://www.actionforchildren.org.uk/</a>
Anna Freud	Resources for families and schools	<a href="https://www.annafreud.org/">https://www.annafreud.org/</a>
Checkpoint	Mental health resources and games	<a href="https://checkpointorg.com/">https://checkpointorg.com/</a>
Devon Family Resource	Funding only victim support	<a href="https://familyresource.eci.org.uk/">https://familyresource.eci.org.uk/</a>
Headtalk	Seeking attention - The Self-Harm Expert - Video	<a href="https://www.youtube.com/watch?v=Wq_ZTTHcCy0&amp;ab_channel=HeadTalks">https://www.youtube.com/watch?v=Wq_ZTTHcCy0&amp;ab_channel=HeadTalks</a>