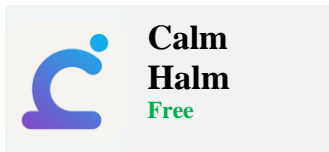
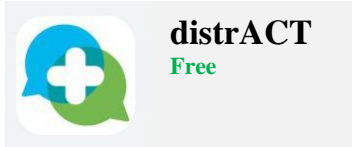


Child Mental Health Useful Contact numbers and help for children and parents



Calm Halm is an app designed to help people resist or manage the urge to self-harm. It is easy to use and includes different 1 minute, 5 minute and 15 minute activities to help you "Ride the wave" and help the urge to pass.



This app aims to increase your knowledge about self-harm and give practical advice and ideas for suicide prevention and safer alternatives to self-harm. It includes information about self-harm, self-help tips and a fantastic *Chill Zone* with some great suggested activities.

Online self-harm support group on <https://alumina.selfharm.co.uk/> - Alumina groups are online support groups made up of up to 8 young people and 2 leaders and meet online once a week for 7 weeks.

They offer a friendly, inclusive, non-judgmental space where the child is offered tools and ideas to help reflect on their journey and what might be the next right step for them as they move towards a life free from self-harm.

Parent / Carer

St Helens CYPMHS 01925 579405 (Mon- Fri 9am- 5pm)

CYPMHS Response Team 01744 627618 (weekdays 5pm-9pm & weekends 9am-9pm)

Crisis 24/7 team on 08000511508

If you are unable to maintain safety in the community then the child should be supported to attend A&E.