

# Women's Self Injury Helpline

emotional support, listening & signposting  
for women affected by self injury

**Tuesday, Wednesday & Thursday 7 - 10pm**

**Thursday 3 - 6pm**

**0808 800 8088**

we can't see your number  
our number won't show up on phone bills  
free from mobiles on 3 EE O2 Orange T-Mobile Virgin Vodafone  
free from landlines



We are an **independent, confidential** and **anonymous** service.  
Our helpline is run **by women for women** and we will support **anyone who identifies as a woman** who wants to talk about self-harm and/or self-injury.

**confidential**  
**non-judgemental**  
**supportive**



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**Tudortrust**

Volunteers may listen to calls as part of training  
We do not record calls or pass on personal information  
Self Injury Support is a registered charity 1092299  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Self  
injury  
Support  
support for women and girls  
resources and training for all