

# SIGNPOSTING FOR SUICIDE AND SELF-HARM

## [NHS Choices](#)

[nhs.uk](#)

Provides a wealth of information on treatments available through the NHS.

## [The Mix](#)

[themix.org.uk](#)

Essential mental health support for people aged under 25.

## [Childline](#)

[childline.org.uk](#)

A free, private and confidential service for children and parents.

## [Young Minds](#)

[youngminds.org.uk](#)

The UK's leading charity fighting for children and young people's mental health.

## [Harmless](#)

[harmless.org.uk](#)

Useful resources and confidential support for people who self-harm.

## [Samaritans](#)

[samaritans.org](#)

Offering emotional support for everyone, 24 hours a day.

# SIGNPOSTING FOR PTSD

## [NHS Choices](#)

[nhs.uk](#)

Provides a wealth of information on treatments for PTSD available through the NHS.

## [NAPAC](#)

[napac.org.uk](#)

NAPAC offers support for all types of childhood abuse, including physical, sexual, emotional abuse or neglect.

## [ASSIST trauma care](#)

[assisttraumacare.org.uk](#)

Information and specialist help for people with PTSD and anyone supporting them.

## [Young Minds](#)

[youngminds.org.uk](#)

One of the UK's leading charities fighting for children and young people's mental health.

## [NSPCC](#)

[nspcc.org.uk](#)

The UK's leading children's charity. Working to prevent abuse, help rebuild children's lives and support families.

## [PTSD UK](#)

[ptsduk.org](#)

Dedicated to raising awareness of post-traumatic stress disorder – no matter the trauma that caused it.