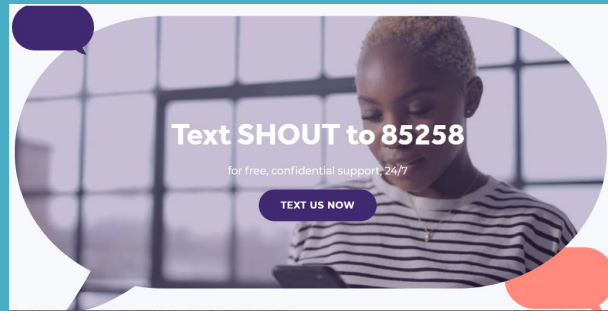


# Support for difficult times or a crisis



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The CALM HARM App gives coping strategies and manage self-harm urges

Websites: [www.kooth.com](http://www.kooth.com) – online mental wellbeing community and support with text based and online counselling.

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In South West London, call the 24-hour Mental Health support line:

# 0800 028 8000

From 9am to 11pm, 365 days of the year, young people can contact the SLP CAMHS crisis line:

# 0203 228 5980