WE'RE HERE TO LISTEN

just say hello

Confidential, non-judgemental, compassionate support for people affected by self-harm.

Free Helpline: 0808 800 8088

Text Support: 07537 432 444

Email Support: tess@sift.org.uk

Available Monday to Friday. Check our website for opening times.

Find out more about us, our services, and access helpful resources and guides by visiting our website:

www.sift.org.uk

SIFT

Understanding self-harm, together.

Registered charity number 1092299