

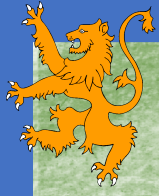
Self-Help Guides: Self Harm

YOUNGmINDS
fighting for young people's mental health

[Click here](#) to read Young Minds guide on self-harm and how to get help

[Click here](#) to read a NHS self help guide on Self-harm.

NHS



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[Click here](#) to read a guide for parents and carers on coping with self harm.