

CASS

Women's Self Injury Helpline

UK-wide

emotional support, listening & signposting
for *women affected by self injury,*
friends, family & carers

Monday - Friday 7pm - 10pm

0808 800 8088

we can't see your number
our number won't show up on phone bills
free from all landlines and mobiles



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

Anonymous

Self injury

Support

We listen and don't judge

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

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



the
Tudortrust