



Kooth is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)

## What If...

*I want to harm myself?*



### Your online mental wellbeing community

Free, safe and anonymous.

Call to get any advice for yourself or your friend anonymously.

### Carshalton High School for Girls

Excellence: everywhere, every day.

part of the  Girls' Learning Trust

West Street, Carshalton,  
Surrey SM5 2QX

t: 020 8647 8294 - f: 020 8773  
8931

[office@chsg.org.uk](mailto:office@chsg.org.uk)  
[www.chsg.org.uk](http://www.chsg.org.uk)

### Just some of the things you'll find on Kooth



#### Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



#### Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



#### Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



#### Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.



**#teamchsg**

# What if...

I want to harm myself?

If you can, speak to a trusted adult, for example a parent/guardian or other relative, Pastoral Support, Form Tutor, Year Leader, School Nurse, Principal First Aider or GP.

Be honest about how you are feeling and what you are thinking of doing.

There are always people who will listen and help you.

They will all listen and help you get the support you need without any judgement.

If you don't know what to say, you can use the Sharp System where you can leave a message for the Safeguarding Team at school.

[www.carshaltongirls.thesharpsystem.com](http://www.carshaltongirls.thesharpsystem.com)

Remember to give as much information as you can and tell us your name so we can contact you.



Consider using the NHS Calm Harm App.

You can get support through your GP or School Nurse. You can arrange an appointment through the school office to see the school nurse at the Drop-In Sessions. You do not need to share why.

TALK TO US

OFF THE RECORD

## Saturday Support

You can talk to a counsellor on Saturdays from 10am-1pm. Call on 0800 980 7475 for confidential support.

## Counselling

Free and confidential counselling to young people aged 11-25 in the Borough of Sutton.

## Online Service

Free text-based counselling and workshops for young people in Croydon, Sutton or Merton.

Call 020 8251 0251 (Croydon)  
020 8680 8899 (Sutton and Merton)  
Email: [onlinecounselling@talkofftherecord.org](mailto:onlinecounselling@talkofftherecord.org)  
[www.talkofftherecord.org](http://www.talkofftherecord.org)

