

**7 NIGHTS A WEEK, 365 DAYS A YEAR**

**Rethink  
Mental  
Illness.**

## **Gloucestershire Self Harm Helpline Service**

Freephone **0808 801 0606**

Thinking of  
stopping but  
unsure how?

Need some  
confidential  
support around  
self harm?

Do you know  
or support  
someone who self  
harms and wants  
information  
& support?

Unsure if you  
want to stop  
but would like  
to talk about  
how to manage  
this?

# **SELF HARMING?**

Struggling  
with self-harm  
or suicidal  
thoughts?

Find it hard  
to talk on  
the phone?

Text us on **07537 410022**

You can text us anytime but we will only send live responses during our opening hours. All text messages will be charged at your network providers normal rate.

for online support visit **[www.rethink.org/glosselfharm](http://www.rethink.org/glosselfharm)**

(Scroll down to the bottom of the page and click on the link).

**NHS**  
Gloucestershire



**Text Relay**

The Helplines  
Association  
Member

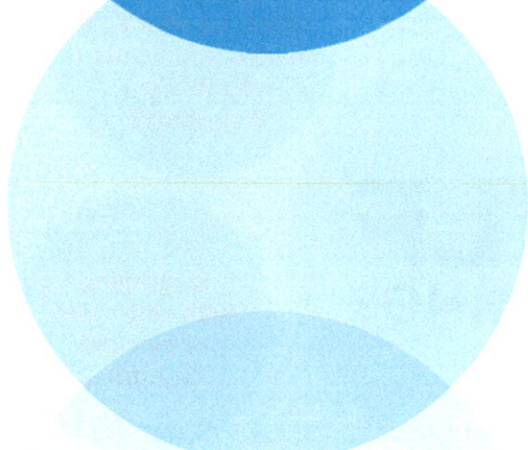


**[www.rethink.org](http://www.rethink.org)**

Registered Charity Number 271028



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**OPEN  
ALL  
WEEK**

**Monday to  
Sunday**

5pm - 10pm

The services are accessible to people across the whole of Gloucestershire. Calls to the helpline from the landlines and some mobile phone networks (T-mobile, o2, 3, Virgin, Vodaphone and Orange) are free; also, for these networks, your call will not show up on your bill. However other mobile phone networks may charge and calls may show up on your bills. We do not use call tracing technology and we have no 1471 or caller-display facilities, so you can be assured that we will not know who you are or be able to contact you (unless you give us your information).

We believe in respecting and maintaining your confidentiality. We will not share your personal information with others without your consent except in exceptional circumstances where we have Duty of Care (to you or others) or we are legally obliged to. If we need to break your confidentiality we will, where possible, tell you and explain the reasons why.

