



the centre of excellence for
self harm & suicide prevention



Self harm doesn't
discriminate.
Neither do we.

Harmless is the centre of excellence for self harm and suicide prevention. We are a user-led organisation providing a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families, and professionals.

Harmless was established by people who understand self harm. At the heart of our service is a real sense of hope. We know that with the right support and help, life can get better.

Support

Harmless provide a range of specialist therapeutic interventions for those affected by self harm. This includes individuals who self harm, their friends, families, and professionals. This support can be in the form of face-to-face, video call or telephone support sessions. It is important that everyone gets the right support at the right time.

Information

We have a range of resources including leaflets, a workbook, safety plans and information sheets about self harm and suicide prevention. These aim to raise awareness, challenge stigma and support those affected by self harm. These are available through our online resource hub: www.harmless.org.uk/resource-hub

Training

The Academy is Harmless' training department. We deliver bespoke, evidence-based, accredited training programmes on self harm, suicide prevention, suicide bereavement and mental health.

These are delivered face-to-face, remotely and through our E-Learning portal. Our aim is to equip everyone with the skills and confidence to respond to and support someone in distress. Email us: training@harmless.org.uk

Consultancy

We offer a consultancy service to advise and inform organisations from all sectors, including the media, about self harm to promote understanding and to shape policy and service delivery.



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