# Resources for Someone Wanting to Support Someone Who Self Harms

| **Service** | **Contact Information** |
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| **Befrienders Worldwide**  Volunteer Action to Prevent Suicide | 1-866-363-MOOD (6663)  <https://www.befrienders.org> |
| **Canadian Mental Health Association** | 1-800-875-6213 (Toll-free)  info@ontario.cmha.ca  <https://ontario.cmha.ca/documents/understanding-and-finding-help-for-self-harm> |
| **Beyond Blue**  Australian non-profit organisation addressing issues associated with depression, suicide, anxiety disorders and other related mental disorders. | <https://www.youthbeyondblue.com/>  Need to talk to someone?  1300 22 4636 (24 hours) or chat online (3pm - 12am) |