

# Self-harm – ligature, poisoning, deep cuts requiring secondary first aid, risk taking behaviours

*Thank you for sharing (Insert summary of disclosure), I would like to reassure you that you have a range of options and support services are available for you.*

*You could get support in managing distressing emotions from [Let's Talk Wellbeing](#). You may also wish to access [Harmless](#), a local charity who looks at harm reduction and managing distress.*

*There is also a range of support available such as [distrACT app](#), [managing negative emotions](#), and [distress tolerance](#).*

*I have also referred you to DAI adviser for follow up support. They will contact you directly.*

*Further information is available on our [online reporting tool website](#).*

*Kind regards*