



SATVEER NIJJAR

Satveer has had a passion for reducing stigma around mental health since she herself became affected. This year she won the public vote for 'Most Inspirational Person of the Year' 2018 at the Midlands Business Community and Charity Awards. Her experiences as a patient and more recently as a parent of a child with mental illness have helped shape her career. Her main focus is upon improving understanding of, and response to self-harm behaviours. During 2019, she delivered her sessions to almost 15,000 individuals across different sectors.

The key for Satveer is combining lived experience and academics to provide robust sessions that remove the taboo of self-harm and suicide to not only increase the confidence of professionals in providing support but also for those who self-harm to feel empowered to seek support.

[Campaign Against Living Miserably](#) – this is a website aimed at reducing male suicide and stigma of mental ill health in males. It offers a helpline service alongside webchat.

[Childline.org.uk](#) – support for young people in emotional distress

[Head Talks](#) - providing videos discussing all aspects of mental illness and recovery which can be beneficial for both parent/carers and young people.

[Mind.org.uk](#) – general mental health awareness

[Papyrus](#) – Support for those feeling suicidal or those who have been bereaved by suicide. Also offers a helpline called the 'HopeLine'.

[Samaritans](#) - available 24/7 365 days a year. Free confidential support for all.

[The Mix](#) – provides information on a range of issues affecting young people under the age of 25yrs including; mental ill health, drugs, sexual health and relationships. They also offer a free helpline for young people.

[YoungMinds.org.uk](#) – mental health awareness for young people

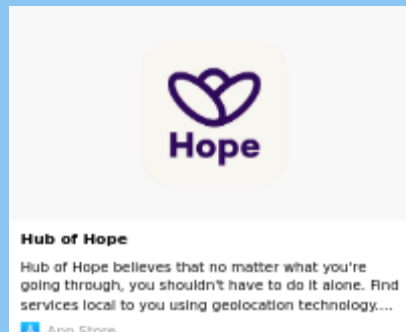
[Young Minds Crisis Messenger](#) – for young people who are in crisis (suicidal thoughts, bereaved, self-harm etc.), they can text 'YM' to 85258 and then receive from a trained volunteer via text.

Combined Minds App – made by Stem4, this is an app to help parents understand common mental health problems of their child and provide support for both the child and themselves.

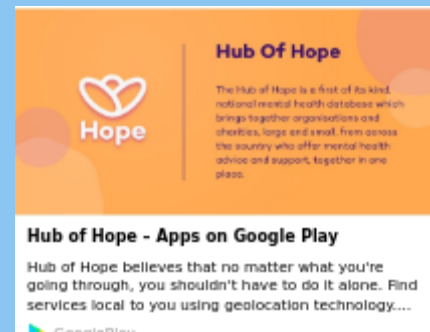


Hub of Hope App – free to download app that provides services local to the client. If you are a service or know of a service that isn't represented on the app, please do submit the details via the online form. Also provides a crisis messenger service.

For iOS click below



For Andorid click below



distrACT App – an app designed to give information, support and alternatives to self-harm behaviours.

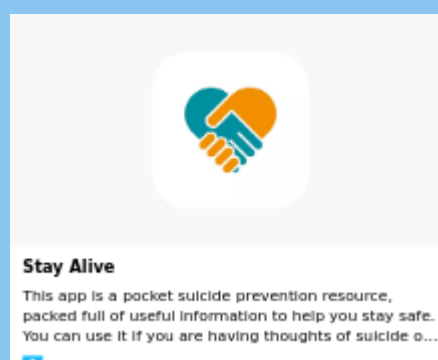


CALM HARM App – created by STEM4, this award-winning app is free to download and is designed to be used by young people who are self-harming. The APP is designed to reduce the level of self-harm and even prevent an episode of self-harm by providing delay tactics when the person has the urge. Though designed for teenagers, there is no reason it can't be used by adults.



Stay Alive app – provides support for those worried about someone who is suicidal alongside support for individuals who are suicidal or at risk of suicide. The app has a space to create a safety plan to refer to if feeling suicidal alongside links to organisations that can provide support.

For iOS click below



For Andorid click below

