

I am sorry that you are struggling with distress and this has led to you requiring first aid for self-injury on more than one occasion.

*You may wish to refer to one of the earlier organisations such as [Harmless](#).
Your GP can also look at harm reduction and coping mechanisms.*

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