

MH Toolkit 2021

Samaritans Online Resource

Samaritans have just launched new [online safety resources](https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/if-you-see-worrying-content-online/) for young people, to give them the **tools to stay safe online** when talking about self-harm and suicide. These resources have been co-designed by young people with experience of self-harm and suicidal feelings, and experience of supporting others at risk. They can be accessed through the embedded link above – or shared with staff and students using this link:

<https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/if-you-see-worrying-content-online/>