



How is TESS different to other forms of support?

TESS offers text and email to girls and young women affected by self-injury.

We work as a team

All of the TESS team have been trained in how to work on the service and all of them have understanding of the issue of self-injury and how it can affect people. TESS workers will work on different nights and if you contact TESS more than once you may be replied to by someone who you haven't texted or emailed with before. Although the team can look at the last few messages that have been sent by you, they will not necessarily know everything that you have shared.

This is one of the differences between what we offer and what you could expect from a more personal one to one relationship with a counsellor or therapist. TESS is a support service and not a counselling service.

TESS may help at different times

TESS can be an effective form of support for you at different times in your life. It can be a very helpful place to start the process of telling people about your self-injury. It can also be a form of support for you as you start to understand your own relationship with self-injury and make choices about how you want that relationship to be in the future. TESS can also be a good complement to other support in your life. People who have a counsellor, a CAMHS worker or a teacher who they regularly talk to, also contact TESS sometimes for extra support.

Sometimes you may want something different to what TESS can offer.

TESS isn't right for everyone all of the time. You may want an ongoing relationship with one consistent person like a therapist or you may want support via a different medium like telephone. Our website has details of how to find out about other forms of support on [this page](#) and there are details of self-help groups [here](#).