

# Let's talk about self-harm

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Information for Young People

### Self-harm doesn't mean you are...



crazy a weirdo psycho



attention seeking

mental

suicidal

### 1 in 12 young people will self-harm at some point in their lives



# What is self-harm?

Self harm is purposefully hurting yourself in response to upset or worries.

## Self-harm could be...



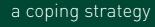
cutting or burning yourself pulling hair punching walls not looking after yourself properly seeking out unhelpful comments online

## What self-harm might mean to you...



being upset and taking it out on yourself

an expression of emotional pain



a sense of control

It can affect anyone, and may not be obvious to you, others are also experiencing it.

# What might be helpful?



Talking to someone you trust.

Learning more about self-harm.

Considering alternative coping strategies.

Seeking support for the problem that's triggering self-harm.

# It might be difficult to tell somebody because...





it may surprise them

they might say you are dramatic or attention seeking



you're scared they will judge you



you don't want to disappoint or upset them

you might not have a good relationship with them



of their cultural or religious expectations of you



they have poor mental health and you are scared of worrying them/ making it worse



you think they might try and make you stop

# If you are struggling, here are some ideas of how you could tell someone...



write it in a letter or a text

ask someone else you trust to share it with them

social media (private message)

tell another trusted adult, maybe a friend's parent/ carer or someone from school

# Help and Support

#### **Thriving Kirklees**

0300 304 5555 www.thrivingkirklees.org.uk

### Kooth – Online Counselling

www.kooth.com

### Chat Health – Confidential Text Messaging Service

www.thrivingkirklees.org.uk/chat-health Text - 07520 618866

## Self Help

AppsCalm HarmHeadspace: Meditation & SleepFor Me (Childline)Breethe: Meditation & SleepDownloadable from App Store (iphone) and GooglePlay (Android)

### **Further Information and National Services**

**YouTube** Search 'Who's Helping Alex'

### Childline - 24hr helpline 0800 1111

Samaritans

**Papyrus** Text 0778 620 9697 Telephone 0800 068 41 41

### **Anna Freud - National Centre for Children and Families** www.annafreud.org/on-my-mind









### Produced in collaboration with





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