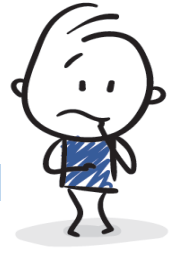


Young Person's Guide to Coping with Self-Harm

Self-harm is any act when someone intentionally causes harm to themselves. It doesn't necessarily mean the person wants to die, instead it is usually a way of trying to cope with or express emotional distress due to difficult feelings and/or experiences.



Statistics:

Approximately 1 in 12 young people self-harm in the UK (Young Minds UK).

10 TOP TIPS for coping with self-harm:

- 1 Talk to someone you trust.** Someone listening to how you feel really helps. They don't need to know the answers, you can explore what might help together.
- 2 Harm minimisation.** Practice basic first aid and clean/care for injuries. If you need medical attention visit your GP. If an emergency call 999 or go to your nearest A&E.
- 3 Identify Triggers.** Identify what might trigger the urge to self-harm. If you are struggling, keeping a diary can help. By exploring triggers you can brainstorm what else might help in those situations.
- 4 It's not as easy as "just stop doing it".** It can be hard to stop as self-harm may have become a long term coping strategy. Try to be patient and kind with yourself.
- 5 Remind yourself there are other ways to cope.** Self-harm may feel like the only way to express and cope with difficult emotions, but there are other ways to cope too.
- 6 Explore distraction and delaying techniques.** When you have the urge to self-harm distracting yourself or delaying the self-harm can help.
- 7 Consider general wellbeing.** A healthy diet, sleeping well, exercising and spending time with others benefits our mental health. Can you improve on any of these?
- 8 Find ways to manage stress.** Stress is often linked with self-harm. Explore what helps you to relax, for example sports, music, art or breathing techniques might help.
- 9 Focus on positives.** You are more than self-harm. Identify and take part in things that you are good at and/or enjoy. Also aim to recognise things that have went well each day.
- 10 Ask for help when needed.** Seek additional help, talk to your family, GP and/or school. Helplines like Childline are also available www.childline.org.uk.

Self-help links:

- www.youngminds.org.uk/media/1519/youngminds-self-harm.pdf
- www.nshn.co.uk/downloads/Advice_for_young_people.pdf
- www.themix.org.uk/mental-health/self-harm
- www.lifesigns.org.uk
- www.selfharm.co.uk
- www.calmharm.co.uk - App

