

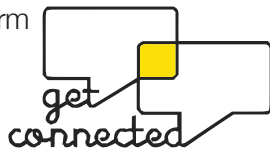


Barnardo's

Information and some support services for children and young people who self harm

www.bernardos.org.uk

Tel. 020 8550 8822



Free confidential help for young people under 25

www.getconnected.org.uk

Tel. 0808 808 4994 (1pm and 11pm daily)

Text 80849

Webchat between 1pm and 11pm daily

TheSite

Information and live chat/discussion boards about various problems/issues including self harm, mental health, sex and relationships, housing, work/study and money issues.

<http://www.thesite.org>



A mental health charity offering advice and support

about various aspects of mental health

www.mind.org.uk

Info line 0300 123 3393 (weekdays 9am – 6pm)

nshn

National Self Harm Network supporting individuals who

self harm and helping them to seek further support

www.nshn.co.uk

SAMARITANS

Confidential 24 hour support

www.samaritans.org

24/7 talk line, 08457 90 90 90

24/7 text line, 077 25 90 90 90



Support for young people impacted by self harm including information and a Q&A online tool.

www.selfharm.co.uk

“ I used to cut myself just so I could feel pain. It let me know I was real and I wasn't in a dream. ”

“ I 'needed' to harm to punish myself for being what I believed then to be a terrible person and to clear the fog in my head. As soon as I did, I'd feel in control, calm and as though a reset button had been pressed in my head. ”

Remember

You can't fix this and it's not up to you to try. Understand that it can be a long and hard journey to stop self-harming and someone will only stop when they feel ready and able to. You may feel helpless but you're not – you can make a difference by showing you care.

Are you worried your friend is self-harming?

This leaflet will help you think about how you can help your friend and how you can make sense of what's happening for yourself. Self harm is a difficult thing to deal with and it's important to remember there is help out there, and sometimes the smallest things can be a big help in making your friend feel supported.

“ I feel the urge when I have too much feeling inside me, whether anger, sadness or frustration, that I can't seem to contain it inside my mind. I think self-harming was my way of dealing with it. ”



the **moray** council



the **moray** council

What is Self-Injury and Self-Harm?

Self injury / harm is a way of expressing how you feel when it's too hard to put it into words or deal with it in any other way. Research shows that one in ten of 15 and 16 year olds have self-harmed, mostly by cutting themselves.

Self-injury

Means causing harm to your body on purpose by doing things like cutting, burning, banging, bruising, or taking an overdose (without meaning to commit suicide).

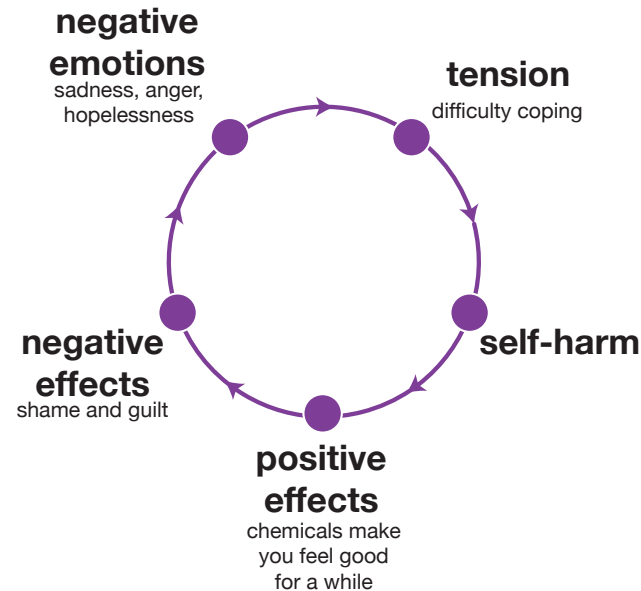
Self-harm

Includes more things that are bad for you like eating disorders, drinking too much / taking drugs and self-injury.

Some Reasons Why People Self-Injure

- Problems at home or school
- Feeling stressed
- Low self esteem
- Pressure to fit in or be perfect
- Mental health problems (depression, anxiety)
- Sexual and / or physical and emotional abuse

People who self harm can often be really good at seeming fine, but use self harm as a way to help them cope with their problems.



What you can do

People self-harm to cope with their lives / worries so it's not for you to try to stop it. It's difficult if you know your friend is self-harming and they have asked you not to tell anyone, but you need to take care of yourself too and ask advice from a trusted adult. If you feel you can, tell your friend you will be doing this.

If your friend doesn't want to talk to anyone they know just yet (like a guidance teacher or their parents) there is still help out there; there are websites, chat rooms, and phone lines where they can call to talk to someone who will understand and offer ways to help (links over page.)

Do

- Keep calm and try not to judge what they are doing / tell them it's wrong
- Be there for them but don't make them talk about things they don't want to
- Ask them what they would like you to do to help
- Let them know help is out there and that they are not alone
- Ask for advice from a trusted adult in the first place and report any things that really worry you as a matter of urgency

Don't

- Ask your friend to stop self-harming – you may be trying to remove the only way they have to cope
- Push your friend to tell you why they self-harm
- Make them feel guilty about self harming instead let them know you are there for them e.g. 'I want to help, how can I do that?'
- Say your friend's reasons for being upset aren't good ones, even if you find them hard to understand.
- Focus on the self harm all the time, sometimes the best thing you can do is just be with them and do other things together to distract them
- Make promises you can't keep about confidentiality, you might need to tell an adult about what's happening, but don't gossip about it or tell lots of people. Be careful and make sure you trust anyone you share this with
- Ask your friend to show you their scars or describe their self-injury. If they do show them to you avoid showing upset or disgust and be calm