



SELF HARM

What is it? Self-harm is a visible sign that someone is not OK. A young person might self-harm to feel more in control, to cope with feelings, or as a punishment.

How can someone be supported? Sometimes people do not want to talk about self-harm because they think that they may make the problem worse. However, the best response is to talk to the person self-harming as the act of talking will not encourage more self-harm.

Tips for coping with thoughts relating to self-harm:

1. Let Anger Out



If you are feeling angry, try to do something which will let this anger out. E.g.:

- Using a stress ball
- Doing some exercise
- Punching something soft such as a pillow
- Etc.

2. Self Care



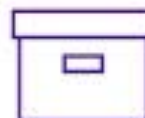
If you are feeling very negative, doing things that are positive and that you like can be helpful. For example, listening to music that you love, talking to a friend or close family member, having a luxurious bath, listing good things about yourself etc.

3. Target Setting



Target-setting when you are feeling like self-harming is a positive step. Managing not to self-harm for a period of time, and then extending this, can be a positive way of getting through periods of time when urges to self-harm are present.

4. Comfort Box



Make a comfort box which has positive things inside. It could include photos of people who are important to you, inspirational quotes or song lyrics, favourite snacks, gifts from people you care about etc. Look in the box at times when you are struggling.

5. Mindfulness apps.



Apps such as Calm, Headspace or The Mindfulness App are great ways to practice mindfulness. The apps are free to use, though there are paid premium versions, and guide your thoughts and encourage true mindfulness.