

## Where can I find support?

In the longer term it is important that the young person learns to understand and deal with the causes of stress that they feel. The support of someone who understands and will listen to them can be very helpful in facing difficult feelings.

### At home

Parents/carers, brother/sister or another trusted family member.

### In school

School counsellor, school nurse, teacher, pastoral staff, teaching assistant or other member of staff.

### GP

You and the young person can talk to your GP about the difficulties you are experiencing.

## Helplines

### Young Minds Parents Information Service

0808 802 5544

### NSPCC

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Childline

[www.childline.org.uk](http://www.childline.org.uk)  
0800 1111

### SelfHarm.co.uk

[www.selfharm.co.uk](http://www.selfharm.co.uk)

### Papyrus Helpline

HOPELineUK 0800 068 41 41  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

### Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

### The Site

[www.thesite.org](http://www.thesite.org)

### Samaritans

08457 90 90 90 or  
[www.samaritans.org](http://www.samaritans.org)

### Bristol Crisis Services for Women (available nationally)

0117 925 1119 or  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

## Local sources of information

### MIND Info Line

0845 766 0163  
(self help books also available)  
This number provides a range of information about mental health issues.

### Family Information Service

[www.shropshirefamilyinfo.co.uk](http://www.shropshirefamilyinfo.co.uk)  
01743 254400

### Shropshire Youth

[www.shropshireyouth.com](http://www.shropshireyouth.com)  
0345 678 9008

### Shropshire's Safeguarding Children Board

[www.safeguardingshropshireschildren.org.uk](http://www.safeguardingshropshireschildren.org.uk)  
01743 254259 / 254246

### NHS Direct

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Please note that the authors cannot take responsibility for any advice obtained from third parties.

Can the person sharing this leaflet please write your name and contact details here

## Self-harm: Information and Advice



## for young people

### Think Good, Feel Good!

Look after your emotional  
and mental health

If you don't 'Think Good or Feel Good'  
talk to someone and seek help



[www.shropshire.gov.uk](http://www.shropshire.gov.uk)

## What is self-harm?

Self-harm is where someone does something to deliberately hurt themselves. This could be a minor injury such as hair pulling, repeated scab picking, head banging or a more serious, sometimes even life threatening injury which may include deep cutting parts of the body, burning, hitting, swallowing harmful substances or an overdose of medication.

**If you cause yourself significant harm or injury tell someone and seek medical advice immediately.**

## Why do young people self-harm?

Self-harm is often a way of trying to cope with painful and confusing feelings. Difficult things that people who self-harm talk about include:

- feeling sad, worried or angry
- not feeling very good or confident about themselves
- being hurt by others: physically, sexually or emotionally
- feeling under a lot of pressure at school or at home
- be a way of fitting in with a group of friends and needing to be accepted
- losing someone close, such as someone dying or leaving.

When difficult or stressful things happen in a person's life, it can trigger self-harm. Upsetting events that might lead to self-harm include:

- arguments with family or friends
- break-up of a relationship
- failing, or thinking you are going to fail, exams
- being bullied.

Often, these things can build up until the young person feels he or she cannot cope anymore. Self-harm can be a way of trying to deal with or escaping from these difficult feelings. It can also be a way of the person showing other people that something is wrong in his or her life.

If you don't **'Think Good or Feel Good'**  
talk to someone and seek help

## What triggers it?

You may self harm yourself once or twice at a particular difficult time in your life, and never do so again. But self harming can become an on going way of coping with current problems and may occur regularly, on a monthly, weekly, or daily basis. The trigger could be a reminder of the past, such as an anniversary, sets off a hidden memory, or something unexpected could happen to cause a shake-up. But sometimes, ordinary life is just so difficult that, some may feel self-harm is the only way to cope with it.

## How can you cope with self-harm and overwhelming feelings?

Replacing the self-harm with other, safer, coping strategies can be a positive and more helpful way of dealing with difficult things in your life. Helpful strategies can include:

- finding someone to talk to about your feelings, such as a friend or family member
- talking to someone on the phone, e.g. you might want to ring a helpline
- writing and drawing about your feelings, because sometimes it can be hard to talk about feelings
- scribbling on and/or ripping up paper
- flicking an elastic band on your wrists, or arms or legs
- listening to music, or singing
- going for a walk, run or other kind of exercise
- getting out of the house and going somewhere where there are other people
- keeping a diary
- having a bath/using relaxing oils, e.g. lavender
- hitting a pillow or other soft object
- watching a favourite film.

### Harm minimisation

It is essential that wounds are kept clean to avoid risk of infections. You can do this by ensuring you know how to access first aid.

**Information may need to be shared in order to keep you safe, this could be with parents/carers or relevant support services. This will always be discussed with you first.**