

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

Childline

www.childline.org.uk
0800 1111

SelfHarm.co.uk

www.selfharm.co.uk

Papyrus Helpline

HOPELineUK 0800 068 41 41
www.papyrus-uk.org

Young Minds

www.youngminds.org.uk

The Site

www.thesite.org

Samaritans

08457 90 90 90 or
www.samaritans.org

Bristol Crisis Services for Women (available nationally)

0117 925 1119 or
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
01743 254400

Shropshire Youth

www.shropshireyouth.com
0345 678 9008

Shropshire's Safeguarding Children Board

www.safeguardingshropshireschildren.org.uk
01743 254259 / 254246

NHS Direct

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



My friend has a problem How can I help?

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



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 your friend causes significant harm or injury to themselves 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?

The person may self-harm themselves once or twice at a particular difficult time in their 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. Deliberate self-harm can bring an immediate sense of relief but it is only a temporary solution. It can also cause permanent damage to the body.

What can I do, to help me and my friend?

You can really help by just being there, listening and giving support:

- Be open and honest. If you are worried about your friends safety you should tell an adult. Let your friend know that you are going to do this and you are doing it because you care about him or her.
- Encourage you friend to get help. You can go with your friend or tell someone that he or she wants to know about it.
- Get information from telephone helplines, websites, a library, etc. This can help you understand what your friend is experiencing.
- Allowing them to talk about how they feel is probably the most important thing you can do for them. Just feeling that someone is listening and that they are being heard can really help. Good listening is a skill. Always let the person finish what they are saying and, while they are talking, try not to be thinking of the next thing you are going to say.

Information may need to be shared in order to keep your friend safe.

'Think Good or Feel Good'
Look after your emotional and mental health