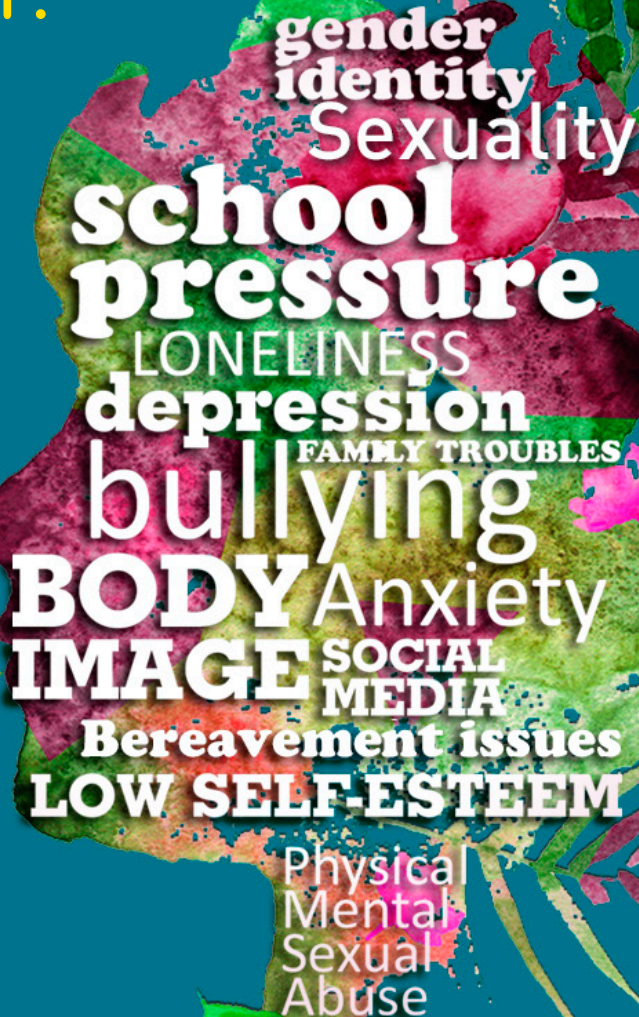


Can we talk to you about self-harm?

Guidance for
adults supporting
young people

WHY?



gender
identity
Sexuality
**school
pressure**
LONELINESS
depression
FAMILY TROUBLES
bullying
BODY Anxiety
IMAGE SOCIAL
MEDIA
Bereavement issues
LOW SELF-ESTEEM
Physical
Mental
Sexual
Abuse

Self-harm is a coping mechanism and is a symptom of an underlying problem.

A young person's behaviour is not always what it seems. We see a behaviour but what we don't see is what's under the surface.

1 in 12 young people will self-harm at some point in their lives. It can affect anyone, and may not be obvious to others.



Self-harm doesn't mean the young person is...

- ☆ crazy
- ☆ a weirdo
- ☆ psycho
- ☆ attention seeking
- ☆ mental
- ☆ suicidal

A young person might self-harm...

- ☆ as an expression of emotional pain
- ☆ as a coping strategy
- ☆ as a sense of control
- ☆ as they're upset and are taking it out on themselves

Why is it hard for a young person to tell someone?

- ☆ Fear of judgement
- ☆ Intimidating to talk about
- ☆ Don't want to be told to stop as it could be a coping strategy
- ☆ Fear of not being understood
- ☆ Embarrassment
- ☆ Might not have anybody they feel they can talk to
- ☆ Scared to be seen as attention seeking BUT there is nothing wrong with needing attention



“Some people do it for attention... that doesn't mean they should be ignored. There are plenty of ways to get attention why cause yourself pain? And if someone's crying for help you should give them it, not stand there and judge the way they're asking for it.”

Spoken by a young person who self harms in
The Truth About Self Harm (National Inquiry, 2006)

How you can support?

Do

- ☆ Listen
- ☆ Keep an open mind
- ☆ Be curious about the emotions being felt
- ☆ Help find support

Don't

- ☆ Treat the person differently
- ☆ Judge
- ☆ Panic
- ☆ Tell them to stop

Help and Support

Local Services

Thriving Kirklees

0300 304 5555

www.thrivingkirklees.org.uk

Kooth – Online Counselling

www.kooth.com

Chat Health – Confidential Text Messaging Service

www.thrivingkirklees.org.uk/chat-health

Text - 07520 618866

Self Help

Apps

Calm Harm

Headspace: Meditation & Sleep

Breathe: Meditation & Sleep

For Me (Childline)

Downloadable from App Store (iphone) and GooglePlay (Android)

Professionals

MindEd - Further training available for those volunteering, working or studying in the field

www.minded.org.uk

Northorpe Hall – useful links for professionals

www.northorpehall.co.uk/useful-link/professionals

Further Information and National Services

YouTube

Search 'Who's Helping Alex'

Childline - 24hr helpline

0800 1111

Samaritans

116 123

Papyrus

Text 0778 620 9697 Telephone 0800 068 41 41

Anna Freud – National Centre for Children and Families

www.annafreud.org

Parents/Carers

YoungMinds - Parents Helpline

www.youngminds.org.uk search 'Parents Helpline'

0808 802 5544

Chat Health – Confidential Text Messaging Service for Parents/Carers

www.thrivingkirklees.org.uk/chat-health Text - 07520 618867

Northorpe Hall – workshops for parents and carers

www.northorpehall.co.uk/workshops-parentscarers

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