

# Let's talk about self-harm

Information for  
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 doesn't mean you are...



crazy



attention seeking



a weirdo



mental



psycho



suicidal

1 in 12 young people will self-harm at some point in their lives



## What is self-harm?

Self harm is purposefully hurting yourself in response to upset or worries.

## Self-harm could be...

- ☆ cutting or burning yourself
- ☆ pulling hair
- ☆ punching walls
- ☆ not looking after yourself properly
- ☆ seeking out unhelpful comments online

## What self-harm might mean to you...

- ☆ being upset and taking it out on yourself
- ☆ an expression of emotional pain
- ☆ a coping strategy
- ☆ a sense of control

It can affect anyone, and may not be obvious to you, others are also experiencing it.

## What might be helpful?

- ☆ Talking to someone you trust.
- ☆ Learning more about self-harm.
- ☆ Considering alternative coping strategies.
- ☆ Seeking support for the problem that's triggering self-harm.

## It might be difficult to tell somebody because...

- ☆ it may surprise them
- ☆ they might say you are dramatic or attention seeking
- ☆ you're scared they will judge you
- ☆ you don't want to disappoint or upset them
- ☆ you might not have a good relationship with them
- ☆ of their cultural or religious expectations of you
- ☆ they have poor mental health and you are scared of worrying them/ making it worse
- ☆ you think they might try and make you stop

## If you are struggling, here are some ideas of how you could tell someone...

- ☆ write it in a letter or a text
- ☆ ask someone else you trust to share it with them
- ☆ social media (private message)
- ☆ tell another trusted adult, maybe a friend's parent/ carer or someone from school



# Help and Support

## Local Services

### Thriving Kirklees

0300 304 5555

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

### Kooth – Online Counselling

[www.kooth.com](http://www.kooth.com)

### Chat Health – Confidential Text Messaging Service

[www.thrivingkirklees.org.uk/chat-health](http://www.thrivingkirklees.org.uk/chat-health)

Text - 07520 618866

## Self Help

Apps

Calm Harm

Headspace: Meditation & Sleep

For Me (Childline)

Breath: Meditation & Sleep

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

## Further Information and National Services

### YouTube

Search 'Who's Helping Alex'

### Samaritans

116 123

### Childline - 24hr helpline

0800 1111

### Papyrus

Text 0778 620 9697

Telephone 0800 068 41 41

### Anna Freud - National Centre for Children and Families

[www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)





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