

# Let's talk about self-harm

Information for  
Young People

WHY?



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

## Self-harm doesn't mean you are...

- ★ crazy
- ★ a weirdo
- ★ psycho

- ★ attention seeking
- ★ mental
- ★ 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)

Breethe: 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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