

All about...

Self-Harm



twinkl

We hope the information we've provided here is useful. However, please remember that everything you read is supplied as information only and should never be taken as medical advice.

Instead, if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional.

Introduction

Self-harm is when a person hurts themselves on purpose. This can happen to young people and adults. There are lots of reasons why people might self-harm. People who self-harm can receive help to support them and help them to stop and learn other ways to cope with the things in their life that are making them unhappy.



Information

People who self-harm usually do it because they feel anxious, depressed or stressed and do not know how to cope with the way they are feeling. Self-harm might feel like the only way to let those feelings out. If repeated, self-harm can become a habit.



Signs You May Notice

Showing one or more of these signs sometimes means that a person is self-harming:

- cuts or bruises appearing,
- covering their bodies with long sleeves or trousers all the time, even in warm weather,
- not wanting to talk to family and friends,
- being very sad or tearful,
- being less interested in normal hobbies,
- finding it hard to concentrate at school,
- saying negative things about themselves.

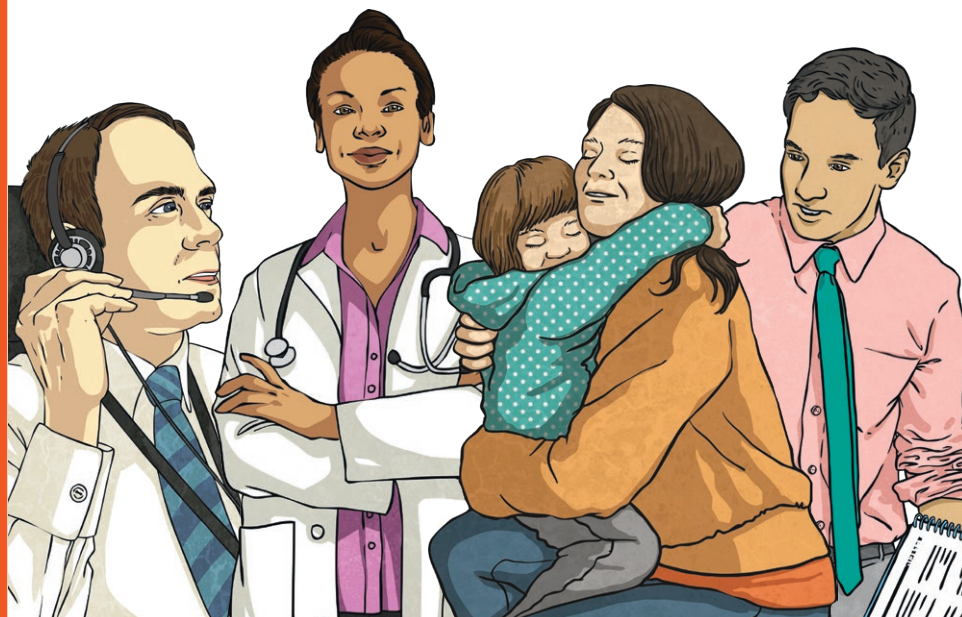


Getting Help

A person who is self-harming might try to keep it a secret so that nobody knows, but they need help to find new ways of coping with their feelings.

Injuries from self-harming can sometimes be serious and need treatment from a doctor or nurse.

It's important that a person who is self-harming finds help by talking to a person they trust (like a teacher, a counsellor, a friend, a parent or a relative) or speaking to a doctor, the school nurse or a helpline.



Feeling Better

People who self-harm can be helped to find new ways of coping with the problems that made them feel like self-harming.

There are lots of things to try that may help with feelings of anxiety, stress and depression. These may include counselling, speaking to others, mindfulness, exercise, relaxation or having a hobby.



How Can Friends Help?

There are lots of ways that friends may be able to help.

- Ask how your friend is feeling.
- Try not to judge them but be there to listen.
- Suggest they speak to a trusted adult and offer to go with them.
- Treat your friend with kindness and help them to feel good about themselves.



Additional Support:

Childline:

Support by email, chat or by calling for free 24/7.

Phone: 0800 1111

Textphone: 0800 400 222

Website: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/about-anxiety/>

The Children's Society:

Information, advice and case studies.

Website: <https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/anxiety>

Young Minds:

Information about anxiety in children and what you can do to help you feel better.

Website: <https://youngminds.org.uk/find-help/conditions/anxiety/>