

TIPS FOR REDUCING SELF HARM

Self-harm is when someone hurts themselves in order to express, deal with or communicate difficult emotions.

Some possible warning signs of self-harm include:

- Unexplained accidents or injuries of cuts, bruises on wrists, arm and thighs.
- Keeping fully covered even in warm weather.
- Low self-esteem
- Mood Changes
- Sharp objects amongst belongings.

There are many misconceptions that prevent young people from speaking out about self-harm, such as:

- Attention seeking
- A selfish act
- Done for pleasure
- A copy-cat response

Here are some Self-Harm coping tips and strategies

<https://www.themix.org.uk/mental-health/self-harm/self-harm-coping-tips-and-distractions-5696.html>

Calm Harm App This clinician-developed app can be downloaded free from the App Store or Google Play. It can be password-protected and has a range of tasks you can do to help manage the urge to self-harm.

Useful websites for self-help resources:

www.nshn.co.uk

www.harmless.org.uk

www.selfharm.co.uk

www.mind.org.uk

