

SELF-HARM

What is it?

Where a physical pain is caused to try and stop emotional pain.

What does it look like?

Where a person causes harm to themselves.
 You struggle to cope with emotions.
 Having bad feelings about yourself.
 Hiding away from others. Being secretive.

How to deal with it?

- Identify when you are most likely to harm yourself, or a specific time or place.
- Find a distraction; make a cup of tea, leave your room and go downstairs.
- Talk to friends and family, or someone you trust.
- Do something that you enjoy to keep your mind in a more positive state.
- Move harmful instruments and tools out of reach, so they're not as easy to get.
- Face your feelings, don't avoid them.
- Keep a diary of your feelings.
- If things don't improve, contact your GP.

