



LOOK OUT FOR

Signs someone's self-harming:

- They have cuts, bruises or burns, which are unexplained.
- They wear clothes which keep injuries hidden even when it's hot outside.



WHAT NEXT

Are you self-harming?:

- You don't need to keep it a secret. Talk to someone you can trust.
- Write down in a diary how you feel when you want to self-harm.
- Keep wounds clean or they might make you ill.
- Go to see your doctor as soon as possible.

Is your friend self-harming?:

- Listen to them and let them talk about how they feel.
- It might help them if they know you're there for them.
- Encourage them to see their doctor, who will be able to get them some counselling. This will help them talk about why they self-harm.
- Visit websites and contacts below for support.



CONTACTS

- Connexions Direct
080 800 13 2 19
www.connexions-direct.com
- ChildLine 0800 1111
www.childline.org.uk
- Samaritans 08457 90 90 90
www.samaritans.org
- www.youngminds.org.uk
- NHS Direct 0845 4647 www.nhsdirect.nhs.uk
- www.thesite.org
- www.channelmogo.org go to 'Need some advice'

Self-harm

"I felt like I was worth nothing, so started cutting my arms with a razor. It was the only way I could make myself feel better and forget my problems."

Self-harm is injuring yourself on purpose so you bleed, leave a scar, mark or bruise. The most common ways to self-harm are cutting, scratching, hair pulling and burning. More girls self-harm than boys.

People may use self-harm as a way of coping with difficult feelings and emotions. They might be feeling low for lots of reasons, stress, grief and bullying are examples.

People who self-harm try to keep it hidden and private so they may find it difficult to ask for help. But there is support out there and it needn't rule someone's life.

