

WHO ELSE CAN YOU TURN TO?

Childline

Anyone under the age of 19 can confidentially call, email or chat on-line about any problem big or small.

0800 1111 (24/7 service)

www.childline.org.uk

(to talk one to one with a counsellor register for an account with Childline on the website)

Samaritans

If you are in distress or need support, you can ring the Samaritans for free at ANYTIME of the day or night.

116 123 (24/7 service)

Your GP can help direct you to services including CAMHS. If your GP is in North Staffordshire you can self refer to the Children and Adolescent Mental Health central referral hub for under 18s on:

0300 123 0907 (option 4)

The Mix

If you are under 25 you can contact The Mix free of charge to talk to someone. You can also use their text or webchat if you prefer by visiting their website.

0808 808 4994 (daily 1pm to 11pm)

www.themix.org.uk

Papyrus (Prevention of young suicide)

Confidential advice and support for young people (under 35) who feel suicidal.

Hopeline: 0800 068 4141

Text: 07786 209 697

Available: Mon-Fri 10am to 10pm

Sat, Sun and Bank Hols 2pm to 10pm

**Numbers correct at time of publishing.
Some numbers may incur a charge.**

There are apps you can download to your phone/tablet device to help you :



Calm harm—provides tasks to help you resist and manage self-harm. There are four categories to help target the main reason people self-harm.



Happify—Reduce stress and overcome negative thoughts. Includes tools and programs to improve emotional well-being.

Apps were free to download at time of publishing but may contain in-app purchasing/adverts

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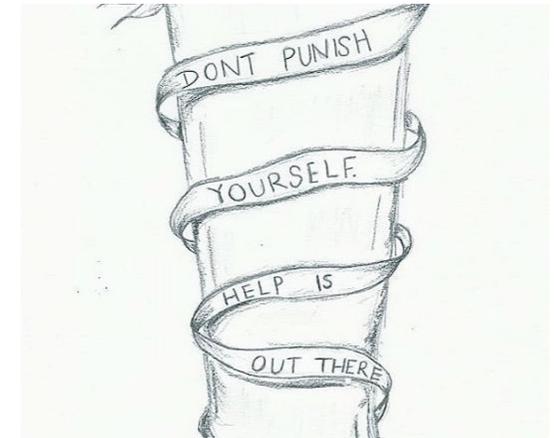


**University Hospitals
of North Midlands**

NHS Trust

SELF HARM IN CHILDREN AND YOUNG PEOPLE

A guide to self-harm and finding the help and support you need



Please note the information provided in this leaflet is for guidance only and not designed to diagnose a specific condition. Contact your GP if you are concerned about any of your symptoms.



WARNING:

It can be upsetting and potentially triggering to read information about self-harm.

WHAT IS SELF-HARM?

Self-harm is when you hurt yourself on purpose. You usually do it because something feels wrong. It seems the only way to let your feelings out.

If you self-harm it is usually as a result of another problem. It can happen if you feel anxious, depressed, stressed or bullied and feel you don't have any other way of dealing with these issues.

Self-harming brings only temporary relief so it is helpful to try to find more healthy ways of coping. After self-harming you may feel better however the cause of your distress is unlikely to have gone away.

Once you have started to depend on self-harm it can take a long time to stop.

WHY DO PEOPLE SELF-HARM?

Some people describe self-harm as a way to:

- Express something that they find hard to say.
- Turn invisible thoughts and feelings into something visible.
- Change emotional pain into physical pain.
- Have a sense of feeling in control.
- Have something in life to rely on.
- Escape traumatic memories.
- Punish themselves for their thoughts and experiences.
- Express suicidal feelings and thoughts without taking their own life.

DO NOT READ THE NEXT SECTION IF YOU FEEL IT COULD TRIGGER SELF-HARM THOUGHTS—PLEASE MOVE TO THE BACK PAGE FOR HOW TO GET HELP

HOW DO PEOPLE SELF-HARM?

Ways include:

- Cutting
- Poisoning
- Over eating or under eating
- Biting
- Burning
- Overdose
- Picking/scratching
- Hitting yourself/walls
- Pulling hair
- Excessive exercise
- Getting into fights that you know might get you hurt.

People who self-harm are at greater risk of suicide—please seek help if you begin to feel this way.

WHAT TO DO ABOUT SELF-HARM

Talk to someone you trust, a parent, relative, teacher, school counsellor/nurse. If that's too hard try talking to your GP who can signpost you to a service that can help you.