

SELF-HARM

Hannah Dyson

School Counsellor

AIMS OF SESSION

What is Self-Harm

Why do young people Self-Harm

Challenge Myths around Self-Harm

Discovering Self-Harm

The Dos and Don't's

How we can support young people
with self-harm

Self-care and support for parents /
carers



**TAKE CARE OF
YOURSELF**



WHAT IS SELF-HARM

Self-harm is when someone hurts themselves in a non-fatal way, on purpose. Often to relieve feelings of distress.

Self-harm includes;

- Cutting or scratching
- Burning
- Biting
- Hair pulling
- Pinching
- Banging head against something
- Punching walls
- Bruising



WHAT IS SELF-HARM

Some self-harming behaviours may be less obvious and not leave a wound or mark such as:

- Excessive use of alcohol or drugs
- Starving or binging
- Self-poisoning (taking too much medication)
- Sleep deprivation
- Neglect



WHAT IS SELF-HARM

Self-harm is when someone hurts themselves in a non-fatal way, on purpose. Often to relieve feelings of distress.

Self-harm includes;

➤ Cutting or scratching

- Burning
- Biting
- Hair pulling
- Pinching
- Banging head against something
- Punching walls
- Bruising



WHY DO YOUNG PEOPLE SELF- HARM?

Self-harm is often used as a way of coping with difficult or uncomfortable feelings which can be caused by a range of circumstances. These are some of the more common reasons we hear about...

- Family breakdowns / problems at home
- Friendship issues
- School issues / pressure
- Social media
- Bullying
- Body image
- Self-esteem
- Not fitting in
- As a form of escape
- To feel something



MYTHS

Self-harm is attention-seeking behaviour

MYTHS

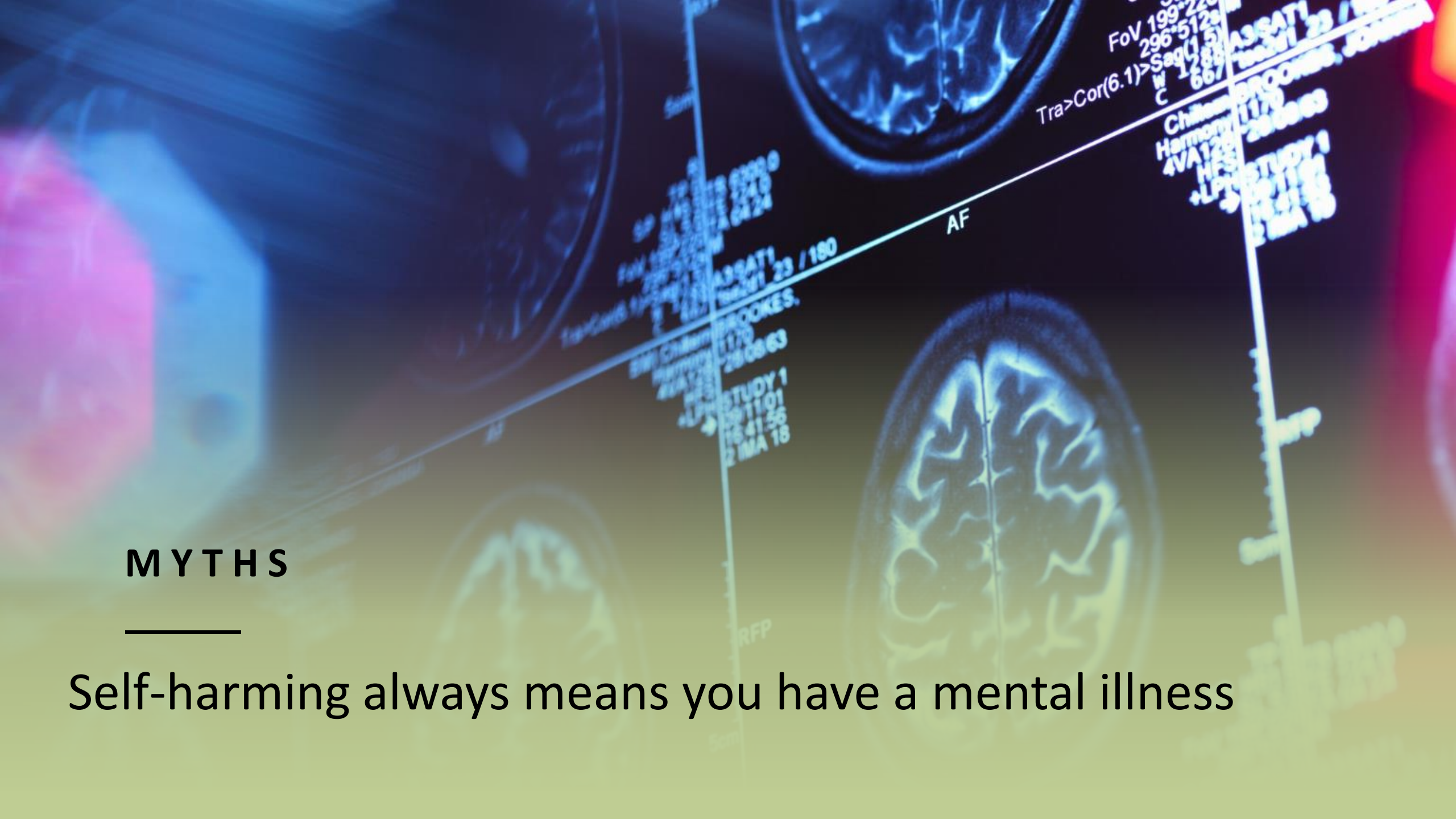
People who self-harm want to end their lives



IT'S A
GIRL THING

MYTHS

Self-harm is
mostly a 'girl'
thing



MYTHS

Self-harming always means you have a mental illness

DISCOVERING SELF-HARM

- Phone call from school
- Finding out from a friend
- Walking in on them
- Noticing marks
- Finding paraphernalia
- Notice change in behaviour
- Finding something on their phone
- Young person tells you themselves





DISCOVERING SELF- HARM

As a parent / carer discovering your young person has self-harmed can be emotive and you may experience some of the following feelings....

SHOCK

ANGER

SHAME

EMBARASSMENT

ANXIETY

CONFUSION

PANIC

WORRY

GUILT

SADNESS

FEAR

DISBELIEF



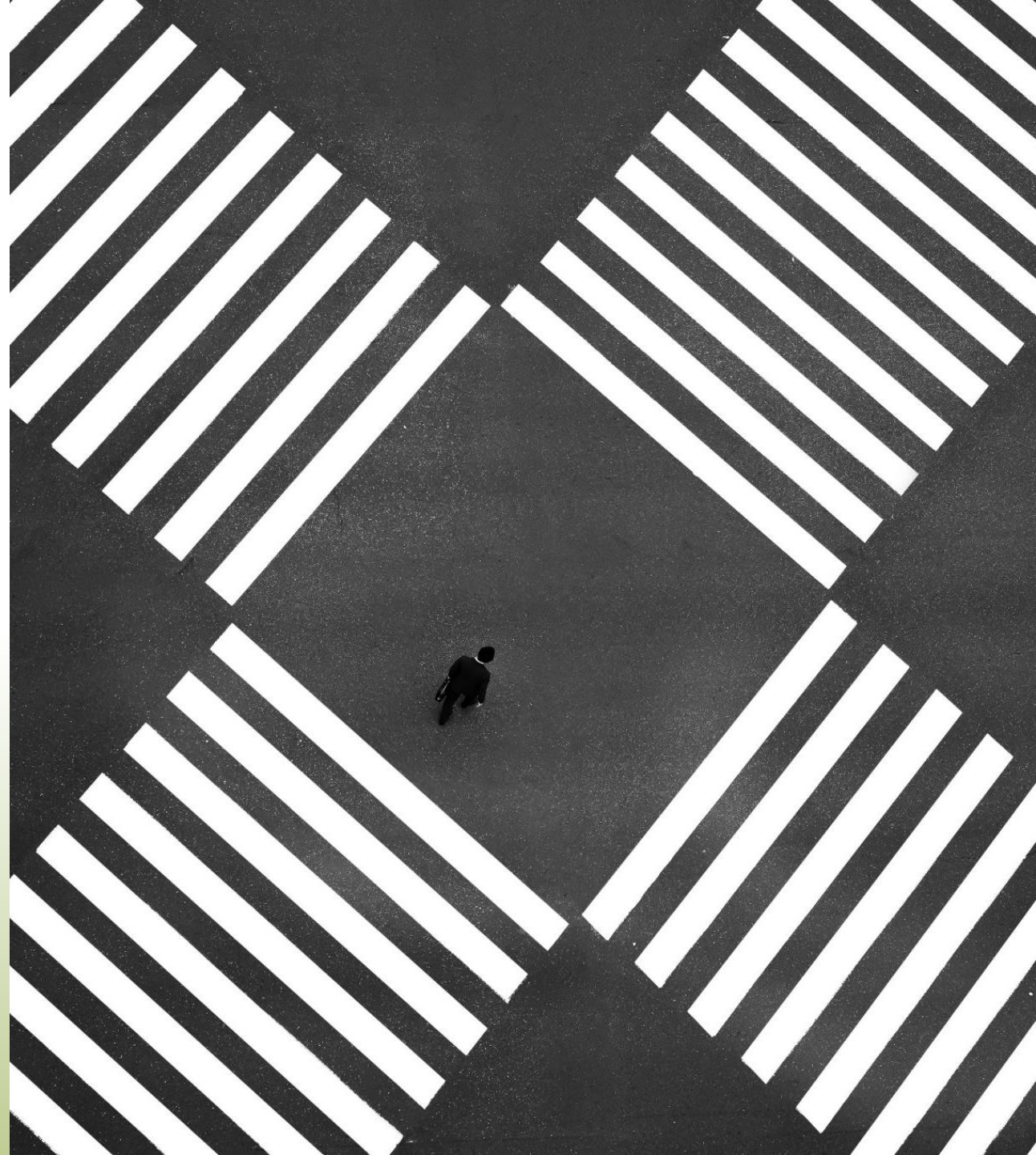
DO'S AND DON'TS



[What not to do if a child is self harming - YouTube](#)

DON'TS

- Don't Judge
- Don't tell them to stop
- Don't overreact
- Don't dismiss the behaviour
- Don't make assumptions



D O S

- Keep them safe
- Listen
- Be alongside them on their journey
- Let them know where to access support
- Learn more
- Get support for yourself





ALTERNATIVES TO SELF-HARM

- Make a self-soothe box
- Write down feelings in a diary or journal
- Listen to music
- Have a Bath or Shower
- Exercise
- Be in nature
- Learn breathing techniques
- Talk to someone – friend / family member
- Be creative – art, dance, drama
- Do some baking / cooking
- Watch tv / film / Netflix
- Practice gratitude
- Notice the positives

SUPPORT FOR SELF-HARM

- Young minds www.youngminds.org.uk
- Childline www.childline.org.uk
- The Mix www.themix.org.uk
- Self-Harm UK www.selfharm.co.uk

Apps

- Calm Harm <https://calmharm.co.uk>
- Tellmi www.tellmi.help

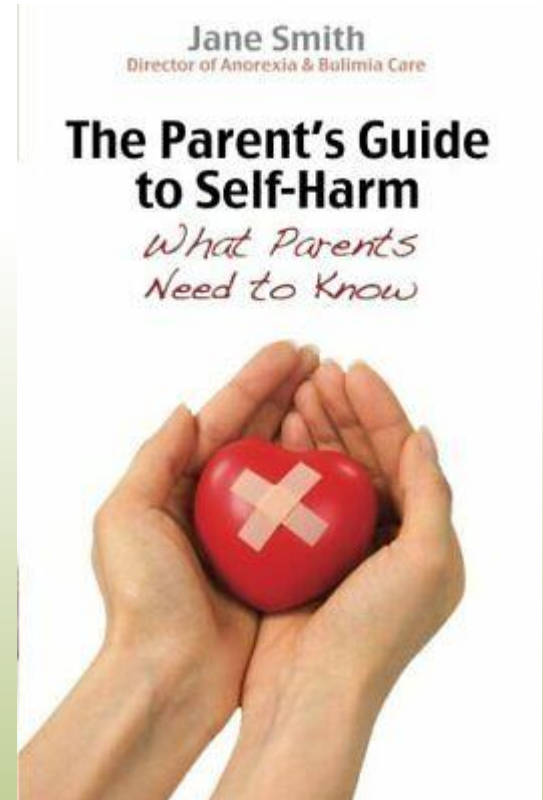


SUPPORT FOR PARENTS / CARERS

- Young minds www.youngminds.org.uk/parents
- Mind www.mind.org.uk
- NHS [Self-harm - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Resources

- British Medical Association
https://www.psych.ox.ac.uk/files/news/copy_of_coping-with-self-harm-brochure_final_copyright.pdf
- The Parent's Guide to Self-Harm (2012) Jane Smith



ANY
QUESTIONS
?