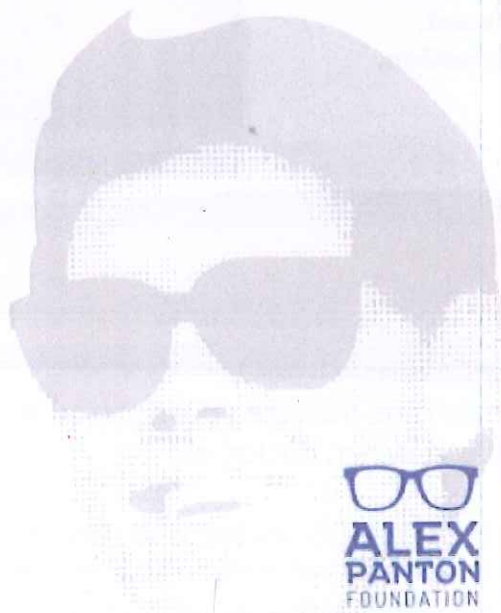


“I think one of my biggest barriers to getting help was actually not admitting to myself that I had a problem. I used to tell myself, “I’m only scratching, it’s not real self-harm”.”

- Anonymous



Useful Contacts

Lifesigns

User-led self-harm guidance and support network.

Website: lifesigns.org.uk

Elefriends

A safe, supportive online community where you can listen, be heard, and share your experiences with others.

Website: elefriends.org.uk

Harmless

User-led organization for people who self-harm, and their friends and families.

Website: harmless.org.uk

YoungMinds

Information for parents and young people about mental health and wellbeing.

Website: youngminds.org.uk

MindUK

Information for young people and adults about mental health and wellbeing.

Website: mind.org.uk

Visit us at our website
alexpantonfoundation.ky



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**Let's overcome the
stigma of mental
illness.**

Self-Harm/Self Injury



MINISTRY OF
COMMUNITY AFFAIRS

Authored by Dr. Erica Lam
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What is self-harm?

This is when someone injures themselves deliberately.

Common methods include:

- Cutting
- Burning
- Hitting themselves or hitting a hard surface
- Intentionally taking overdoses of medication/ drugs

Self-harm does not include risk taking behaviour, although such behaviour may warrant the need to talk to someone/ seek help. These behaviours include:

- Excessive smoking or drinking
- Deliberately reckless behaviour
- Substance abuse

Why self-harm?

People who self-harm may have worries in their lives such as problems at home or at school. They may also simply be struggling with growing up.

Young people who self-harm are not usually trying to kill themselves, but instead to manage their painful feelings.

Self-harm can be a way of coping.

It is thought that about 1 in 10 young people self-harm at some point during adolescence.

What can you do to help?

If the self-harm is potentially serious, such as an overdose, no matter how small, the young person should immediately be taken to the Accident and Emergency Unit at the nearest hospital. The medical professionals will then decide what treatment is needed and will also arrange for the young person to talk to someone.

Otherwise, encourage the young person to talk about what may be worrying them, offer support but don't force help. It is important that you to stay calm and not become angry or shout.

**If you self harm, it is important that you know how to look after your injuries and that you have access to the first aid equipment you need.
Visit Lifesigns.org.uk for support and information.**

Who is affected by this?

Self-harm in children is rare. If a child under the age of 11 is thought to be self-harming, we would recommend that the child see a doctor.

A young person who is self-harming may be reluctant to discuss it or accept help. Friends and family members who know a young person who is self-harming may feel responsible or helpless. They may need to seek support and guidance on how to deal with the young person.



How can I help/get help?

If the injuries are minor and do not need immediate care, then the young person may find it useful to talk to someone - a friend, family member, teacher, doctor, etc.

Less serious instances of self-harm may be seen by your family doctor who may then help you and the young person to decide what to do next. Not only will they be able to sort out the immediate problem but they will also help with the ongoing issue of self-harming.