

I FEEL LIKE HURTING MYSELF!



Advice and support if you are or a friend are self-harming

www.thesource.me.uk/wellbeing

The Source – Information, advice, and support for young people in Suffolk.

What is Self-Harm?

Self-harm is when someone deliberately injures their body. This could be:

- Scratching, cutting or burning the skin
- Starving and/or overeating
- Punching or hitting
- Poisoning with tablets or dangerous substances
- Drug and alcohol misuse

Why do people self-harm?

People may self-harm for many different reasons, including, bullying, difficulties at school, a medical condition, problems at home, not feeling good about themselves, feeling lonely or unloved, or being a victim of abuse.



Self-harm is a way of coping with emotional distress, painful thoughts, and feelings that are hard to express in words to someone. They may self-harm to:

- Release tension of emotional pain
- Gain control over their feelings and life
- Punish themselves
- Show that they need help

However, self-harm is only a temporary relief and it won't stop negative emotions from coming back.

Self-Harm Myths

Young people who self-harm are more likely to attempt suicide.

People who self-harm are just attention-seeking.

Self-Harm Facts

People who self-harm generally do not want to die and use self-harm as a way to cope.

People who self-harm are usually trying to let others know that they need help.

Spotting the signs of self-harm in a friend

- Unexplained cuts or burns
 - Being secretive
 - Plasters or bandages on show
 - Making jokes that sounds like they are being harsh on themselves
 - Cutting themselves off from others or loneliness
 - Keeping their body covered up even in the hot
 - Changes in eating habits
 - Blaming themselves for problems
 - Thinking they are not good enough
 - Drug and alcohol abuse
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What to do if you think your friend might be self-harming?

You should:

- Let them know you care and are there for them.
- Treat them as usual – self-injury doesn't make them abnormal; they are the same person.
- Encourage your friend to seek help from a teacher, parent, or trusted adult.
- Be nice – tell them nice things so they feel more positive within themselves or their situation.

You should not:



- Tell them to stop – self harm is a coping mechanism for what they're feeling.
- Ask to see their scars or the method they use to hurt themselves.
- Gossip to others about their situation.

If your friend mentions suicide, don't ignore it, tell a trusted adult or teacher (even if they ask you not to), suggest that you speak to someone together.

I'm struggling, what can I do?

- Talk about your feelings with an adult you trust.
- Don't allow yourself to become cut off from others.
- Take care of your wellbeing and find ways to make life less stressful.
- Avoid drinking alcohol if it's likely to lead to you hurting yourself.
- Eat well, exercise and try to get enough sleep.
- Make a list of your positive qualities and look at it often.
- Make a self-care box full of things that make you feel good like photos, positive affirmations, and sweet treats) www.thesource.me.uk/selfcare
- If you self-harm, make sure you do so safely and take care of any injuries.
- Try the 30 Day What's Up Challenge – 30 things you can do to feel good (www.thesource.me.uk/whatsup)



Distracting yourself from the urge to self-harm. You could try these things: -

1. Hit a cushion
2. Hold ice cubes
3. Flick on elastic band on your wrist
4. Have a cold shower
5. Clench and unclench your muscles
6. Do some exercise
7. Scream
8. Shake
9. Call someone (www.mind.org.uk)

WHERE CAN I GET HELP? - **Helplines and suppo**

Barnardo's Phonenumber Service and Emotional Wellbeing Hub - Call 0345 600 2090 and press option 1 or 2 (Open Monday to Friday, 8 am to 7.30 pm). Visit: www.thesource.me.uk/hub

Just One Norfolk - If you live in Lowestoft or Waveney. Call 0300 300 0123 (Mon-Fri, 8 am to 6 pm & Sat, 9 am to 1 pm). Visit www.justonenorfolk.nhs

Crisis Support Line: If you need urgent mental health support, call 111 and press option 2 (24/7 helpline for anyone of any age in Norfolk and Suffolk)

SHOUT Crisis Textline: Text SHOUT to 85258 (24/7)

The Samaritan: Call 116 123 Or email:

Kooth - Free, safe and anonymous online support. Live 1-1 chat. Peer support. Moderated forums. Self-help materials. Journals and goal trackers. Friendly counsellors. Visit: www.kooth.com

FYI Norfolk - Trusted help and information for 11 to 24 year olds. Visit: www.fyinenorfolk.nhs.uk

The Source – information and advice for young people in Suffolk. Visit: www.thesource.me.uk/wellbeing

Other useful websites:

Lifesigns.org.uk - Youngminds.org.uk - Childline.org.uk – Rethink.org - Harmless.org.uk