

I FEEL LIKE HURTING MYSELF!



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



www.thesource.me.uk/wellbeing

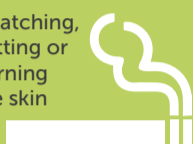
The Source – information, advice and support for young people in Suffolk.

THE SOURCE

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 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 - MYTH BUSTER ?

MYTHS:

- **Young people who self-harm are more likely to attempt suicide.**
- **People who self-harm are just attention-seeking.**

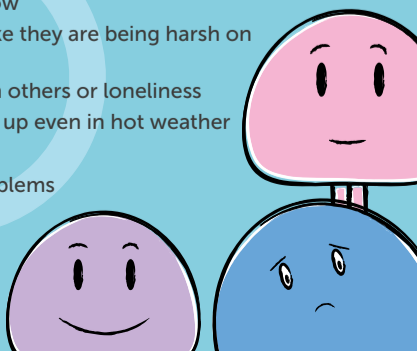
FACTS:

- **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 hot weather
- Changes in eating habits
- Blaming themselves for problems
- Thinking they are not good enough
- Drug and alcohol abuse



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, trusted adult
- Be nice – tell them positive things about themselves to help them 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 and something sweet)
- If you self-harm, make sure you do so safely and take care of any injuries



Where can I get help?

Barnardo's Phonenumber Service & Emotional Wellbeing Hub: For information, advice and professional support. Call 0345 600 2090, and **press option 1 or 2.** (Mon-Fri 8am to 7.30pm). Visit: thesource.me.uk/hub

Just One Norfolk: For emotional wellbeing support services if you live in Lowestoft or Waveney. Call 0300 300 0123 (Mon– Fri, 8am to 6pm & Sat, 9am to 1pm).

Visit: www.justonenorfolk.nhs.uk & www.fyinenorfolk.nhs.uk

Kooth: A confidential online service where you can speak to friendly counsellors about anything. Visit: kooth.com

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)

Childline: Call 0800 1111 (24/7)

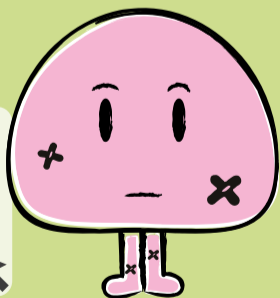
Distracting yourself from the urge to self-harm

You could try these things:

1. Hit a cushion
2. Hold ice cubes
3. Flick an elastic band on your wrists
4. Have a cold shower
5. Clench and unclench your muscles

USEFUL WEBSITES:


thesource.me.uk/wellbeing [Childline.org.uk](https://childline.org.uk)
[Selfharm.co.uk](https://selfharm.co.uk) [Rethink.org](https://rethink.org)
[Lifesigns.org.uk](https://lifesigns.org.uk) [Harmless.org.uk](https://harmless.org.uk)
[Youngminds.org.uk](https://youngminds.org.uk)





How to look after your emotional wellbeing


The following can help support your wellbeing.


Five ways to wellbeing:

 **Keep learning:** Try a new skill or do something you enjoy!

 **Connect:** Make contact with friends, family and others.

 **Take notice:** See what's going on around you.

 **Give:** Do something for someone else.

 **Be active:** Do something physical.

30 Day What's Up Challenge:

It's 30 things you can do to look after your emotional wellbeing, visit: thesource.me.uk/whatsup

