

**TELL ME
ABOUT..**

Self Harm

the facts

In the UK at least one in every 15 young people has experience of self-harm. Over 170,000 people visit accident and emergency departments each year for help with self-harm.

Self-harm (also known as self-injury) is a coping mechanism young people turn to when they cannot deal with difficult situations, feelings or emotions. Deliberate self-harm is when you deliberately inflict physical harm on yourself, usually in secret. There are many types of self-harm, the most common are: cutting, burning, punching yourself or objects, biting or hitting your body, pulling out hair, scratching, picking at sores on your skin or overdosing on tablets. Deliberate self-harm is usually intended to numb out painful or difficult feelings, it does not always mean someone is suicidal but they can sometimes have the intention to die. Self-harm should always be taken seriously and medical and professional help sought.

Self-harm is a way of communicating to people that you need some support when you feel unable to use words.

It can provide you with a feeling of control; you might feel that self harm is one way you can have a sense of control over your life, feelings or body, especially if you feel as if other things in your life are out of control.

useful contacts

Self Harm UK
www.selfharm.co.uk

Self Injury support
<http://selfinjurysupport.org.uk/>
Text: 0780 047 2908

Harmless
<http://www.harmless.org.uk>

Young Minds
[http://www.youngminds.org.uk/
for_children_young_people/
whats_worrying_you/self-harm](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/self-harm)

Mind
[http://www.mind.org.uk/
information-support/types-of-
mental-health-problems/self-harm](http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm)

other contacts

Help on any other issues that affect young people can be found at:

CAMBS
<http://www.youthoria.org>

LINCS
[https://www.lincolnshire.gov.uk/
teeninfo/lincs/](https://www.lincolnshire.gov.uk/teeninfo/lincs/)

NORFOLK
<https://www.whatsthedealwith.co.uk>

NATIONAL
www.youngminds.org.uk

IF YOU NEED
HELP NOW!

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.