

Asking for help

Sometimes no matter how hard you try to stop, you just can't. Self-harming can sometimes mean that there are problems that need sorting out. Talking to a family member, friends, your GP, or a counsellor can help.



We offer free counselling for people aged 11-25. Find out more at www.everyturn.org/cyp.

When people in your life find out you're self-harming, they can react in many ways. They might feel hurt and shocked. It can help for you to explain how you feel and ask them just to listen.

No one has the right to judge you about how you feel. If you feel that your harming is out of control or a threat to your life, then you need to get help as quickly as possible by calling 999 or visiting A&E.

Useful websites and contacts:

- www.selfharm.co.uk
- www.mind.org.uk
- www.youngminds.org.uk

- Childline: 0800 1111
- Samaritans: 116 123



Get more information

If you'd like more information about our services (including drop-in mental health support at Nook Newcastle and Gateshead) visit our website:

www.everyturn.org/cyp

Get in touch with us if you'd like to speak to someone about which support might be right for you:

Tel: 0191 217 3222

Email: CYPadmin@everyturn.org

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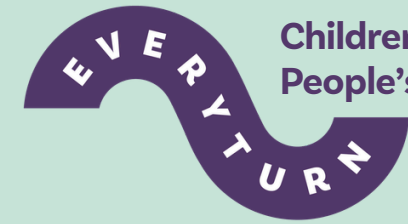


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Guide to self-harm

For people aged 11-25



What is self-harm?

Self-harm is anything you do that hurts or harms your body.

Sometimes our emotions, pain, or frustration can feel too much for us to manage. For some people, this can build up to feeling numb or out of control. Some people harm themselves as a way to release these feelings, or make them feel more manageable.

Some people don't know why they self-harm, which can feel scary. There are so many reasons for self-harming and it can be very personal.

Self-harm can take many forms, including:

- Cutting or burning your body.
- Biting or picking your nails excessively.
- Pulling out your hair.
- Taking an overdose of tablets.
- Having sex with many people.
- Making yourself sick or starving yourself.
- Getting drunk all of the time or using drugs heavily.

Self-harm can affect anyone. It's a lot more common than people think. Some people hurt themselves secretly for a long time before finding the courage to tell someone.



Self-harm is not

- A sign of deep mental disturbance
- A failed suicide attempt
- A sign that someone is a danger to someone else
- Attention-seeking behaviour
- About someone enjoying pain or not feeling pain
- Something to feel guilty about



Helping yourself

If you're thinking about stopping self-harming, it can be useful to think about what the triggers are and how self-harming makes you feel when you do it.

As self-harm can be a way of coping, it can be useful to find other ways to help you cope when you feel distressed or overwhelmed.

Here are some ideas to help get you started:

- ✓ Talking to someone you trust, a counsellor, or a helpline.
- ✓ Writing letters, poems, or keeping a journal of how you feel.
- ✓ Art activities like drawing, painting, collages, or photography.
- ✓ Listening to music and dancing can help you express yourself.
- ✓ Exercising by doing running, walking, dancing, or using a punch bag.
- ✓ Relaxing in a hot bath or reading.
- ✓ Physical releases like tearing up or ripping something, or breaking up sticks.
- ✓ Creating a sharp sensation by squeezing an ice cube, or flicking an elastic band on your wrist.