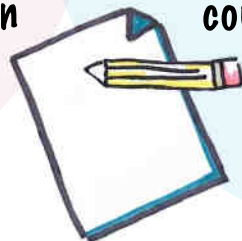




Talking about self-harm and the reasons that have led to it can be very difficult, finding someone that you trust and can talk to is the first step.



Big feelings can be difficult to say in words, writing it down or drawing how you are feeling are different ways you could try expressing what is going on for you.



Make time

to talk with someone you trust, it can take time to be ready to share so it is important that you don't feel rushed.



There are a lot of people that can help you, you don't have to cope on your own...

Emotional Wellbeing Hub:

0345 600 2090



5 TIPS FOR FAMILIES

talking about self-harm

It can be more helpful to talk about the **feelings behind** ways of coping, rather than the details of how you have hurt yourself.



... to share with young people ...

