

I FEEL LIKE HURTING MYSELF!



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



www.thesource.me.uk/wellbeing

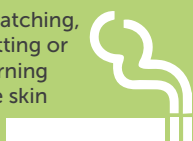
The Source – information, advice and support for young people in Suffolk.



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.



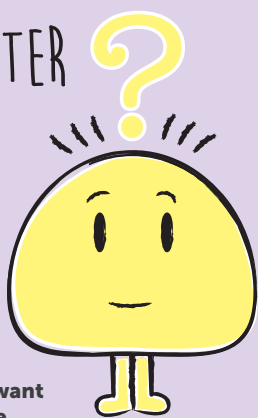
SELF-HARM - MYTH BUSTER ?

MYTHS:

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

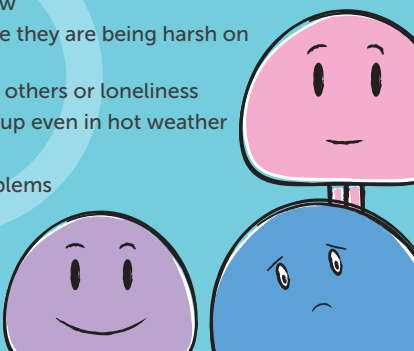
FACTS:

- **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 are there for them and care
- 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 them to help them feel more positive with in themselves or their situation

You should not:

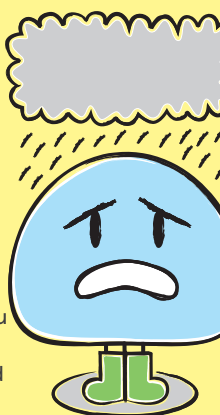
- Tell them to stop – self-harm is a coping mechanism for what they're feeling
- Ask to see their scars or the method they use to hurt themselves
- Gossip to others about their situation

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?

If you're using self-harm as a way to cope with your feelings, it's important that you talk to someone and seek help. You can contact:

ChatHealth: To speak to a school nurse.
Text 07507 333356 (Mon-Fri 9.30am to 4.30pm).

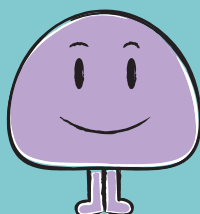
Emotional Wellbeing Hub: For information, advice and professional support. Call 0345 600 2090 (Mon-Fri 8am to 7.30pm).
Visit: **thesource.me.uk/hub** If you live in Lowestoft or Waveney, call **Point -1 Service:** 0800 977 4077. **[Point-1.org.uk](https://point-1.org.uk)**

Suffolk Young People's Health Project 4YP: Drop in to speak with a youth worker or call: 01473 252607.
Visit: **4yp.org.uk**

Kooth: A confidential online service where you can speak to friendly counsellors about anything. Visit: **[Kooth.com](https://kooth.com)**

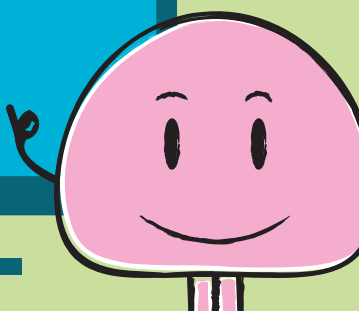
Young Minds Crisis Messenger Service: Text 85258 (24/7)

The Samaritan: Call 116 123 Or email: jo@samaritans.org (24/7)



USEFUL WEBSITES:

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

Useful websites:

healthysuffolk.org.uk | thesource.me.uk/health
| thesource.me.uk/whatsup - 30 day challenge.

