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# Impact Self Harm



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## Impact — Self Harm

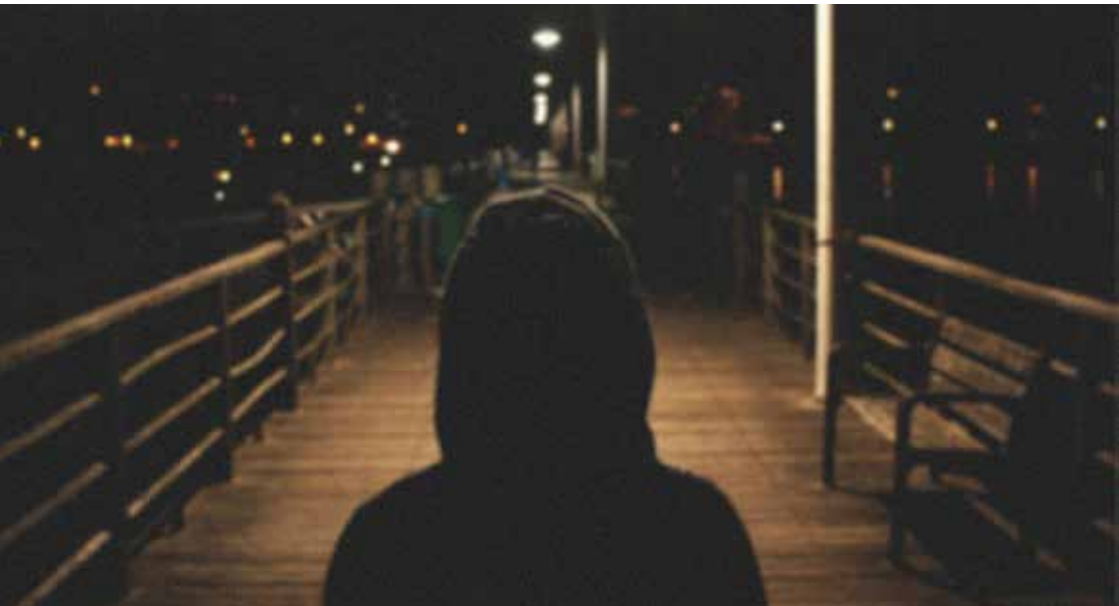
This booklet is for people who have harmed themselves or are thinking of doing so.

This booklet is for:

- Young People
- Parents
- Professionals

This booklet aims to help you:

- Understand self harm and what can cause it
- Discover ways of getting help



## What is self harm?

Self harm is when someone harms their body without wanting to die. Some people who self harm also experience suicidal thoughts, but most people feel there is a difference between suicidal acts and acts of self harm.

Some people may harm themselves when they are under emotional stress. Sometimes it involves a ritual. Some people may feel addicted to the act of harming themselves.

Self harm is most common in young people. Research suggests that up to 1 in 15 young people have self harmed. It also seems to be more common in women and it is thought that men may show their feelings in different ways. However, self harm is not determined by a person's race, education, sexuality or social group. There is no 'typical' person who self harms.





## For Young People

This may be the first time or the last time that you have thought about or have actually self harmed. Whichever it is, there is help ready for when you want it and help can come in different ways.

You may feel lots of different things about your self harm — embarrassed, scared, angry, sad or lost. You are not alone. There are lots of young people who are going through their own struggle with self harm — there are lots of people who have already dealt with their self harm and no longer choose to hurt themselves.

Remember that hurting yourself is part of a struggle that you are going through (for your own reasons). It does not make you weird, stupid, silly or attention seeking.

If you are ready to deal with your struggle on self harm then you can;

- Look up information online — please see the information at the end of this booklet.
- Speak to a helpline — we have provided a couple of telephone numbers.
- Talk to an adult that you trust: parents, carers or a young person's worker you may know.
- Ask your parent or carer to get you help from somewhere — could be the doctor or someone else.
- Ask the YST worker who gave you this booklet to send you a work book to look at.

## For Parents

Discovering that your child is harming themselves can have a big emotional impact on you. But however it makes you feel, it's very important that you stay calm and let your child know that you're there to help and support them.

- Try not to jump to immediate conclusions or to find instant solutions.
- Try not to give the impression that their self harming has created a big problem for you.
- You shouldn't take it personally or blame yourself either. Your child will have their own thoughts and feelings about their life.
- Just concentrate on trying to show you understand or accept what has happened and want to help.
- If you are going to seek help for your child talk it through with them first — this is not something that can be 'done to them' but rather needs to be 'done with them'.
- Seek help and advice for yourself — to help you support your child but also help you deal with how this makes you feel.
- Please talk to a professional — they will understand the impact of self harm and will be discrete when sharing this information with other professionals.





## For Professionals

If you are working with a young person who has disclosed that they are self harming please consider the following;

- Don't assume too much — a young person has trusted you to listen first and help them find the solution.
- Listen — self harm means different things to different people, allow your young person to find their voice about what they do and why. Be patient this could take them some time.
- Work in partnership with the young person — don't over react or take control. It may make you sad, angry or anxious to know that someone is struggling but remember that is how you feel (speak to your line manager if you are concerned) and your young person needs you to be there for them.
- Don't judge but see — each young person has their own reasons for self harming and no matter how minor it may seem to you this is a big deal for your young person.

Does the young person want to stop? If they are, talk with them about what kind of help they would like and support them in finding that help.

If your young person is not ready to stop please consider the following;

- What are the risks? Are they at risk of serious harm? What can be put in place to reduce those risks?
- Who needs to know about this? Talk with the young person, be clear and honest about who should know and why. This may be difficult for the young person to talk about.
- Discuss your concerns with your line manager to gain any additional insight and for support

## Where can I get further help?

If you feel you need further support to manage your self harm, you can discuss this with your GP or a healthcare professional. They may suggest medication, advice, or therapy — depending on what you feel would suit you best.

Here are some relevant websites which you may find useful:

<b><a href="http://www.mind.org.uk">www.mind.org.uk</a></b>	for information on a range of topics and where to get help
<b><a href="http://www.nshn.co.uk">www.nshn.co.uk</a></b>	for information and understanding about self harm
<b><a href="http://www.nhs.uk">www.nhs.uk</a></b>	for information about healthy lifestyles
<b><a href="http://www.rethink.org">www.rethink.org</a></b>	for information and advice about a variety of mental health problems
<b><a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></b>	for information and advice about children and young people

Here are some relevant helplines which you may find useful:

<b>Samaritans helpline</b>	0845 7909090
<b>National Self Harm Network helpline</b>	0800 6226000
<b>Rethink helpline</b>	0808 8010606
<b>Family Lives helpline</b>	0808 800 2020

To contact the Gloucestershire Youth Support Team please see our website, social media or email us.

 [www.youthsupportteam.co.uk](http://www.youthsupportteam.co.uk)

 [info.glos@prospects.co.uk](mailto:info.glos@prospects.co.uk)

 [@GlosYouth](https://twitter.com/GlosYouth)

 [gloucestershiroyouthsupport](https://www.facebook.com/gloucestershiroyouthsupport)

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Working in partnership



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