Help and Support

Local Services

Thriving Kirklees

0300 304 5555

www.thrivingkirklees.org.uk

Kooth - Online Counselling

www.kooth.com

Chat Health - Confidential Text Messaging Service

www.thrivingkirklees.org.uk/chat-health

Text - 07520 618866

Self Help

Apps

Calm Harm Headspace: Meditation & Sleep

For Me (Childline) Breethe: Meditation & Sleep

Downloadable from App Store (iphone) and GooglePlay (Android)

Further Information and National Services

YouTube

Samaritans

Search 'Who's Helping Alex'

116 123

Childline - 24hr helpline

Papyrus

0800 1111

Text 0778 620 9697

Telephone 0800 068 41 41

Anna Freud - National Centre for Children and Families

www.annafreud.org/on-my-mind



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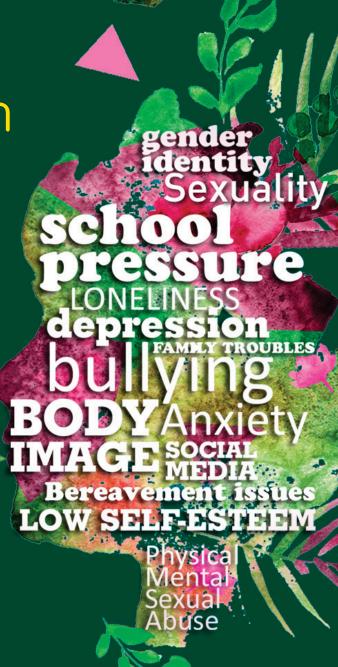


Kirklees Youth Intervention Team



Let's talk about self-harm

Information for Young People



Self-harm doesn't mean you are...

crazy

a weirdo

psycho

attention seeking

mental suicidal

1 in 12 young people will self-harm at some point in their lives



What is self-harm?

Self harm is purposefully hurting yourself in response to upset or worries.

Self-harm could be...

*

cutting or burning yourself

*

pulling hair

*

punching walls

*

not looking after yourself properly

A

seeking out unhelpful comments online

What self-harm might mean to you...



being upset and taking it out on yourself



an expression of emotional pain



a coping strategy



a sense of control

It can affect anyone, and may not be obvious to you, others are also experiencing it.

What might be helpful?



Talking to someone you trust.



Learning more about self-harm.



Considering alternative coping strategies.



Seeking support for the problem that's triggering self-harm.

It might be difficult to tell somebody because...



it may surprise them



they might say you are dramatic or attention seeking



you're scared they will judge you



you don't want to disappoint or upset them



you might not have a good relationship with them



of their cultural or religious expectations of you



they have poor mental health and you are scared of worrying them/making it worse



you think they might try and make you stop

If you are struggling, here are some ideas of how you could tell someone...



write it in a letter or a text



ask someone else you trust to share it with them



social media (private message)



tell another trusted adult, maybe a friend's parent/carer or someone from school