

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)

Breath: Meditation & Sleep

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

Further Information and National Services

YouTube

Search 'Who's Helping Alex'

Samaritans

116 123

Childline - 24hr helpline

0800 1111

Papyrus

Text 0778 620 9697

Telephone 0800 068 41 41

Anna Freud - National Centre for Children and Families

www.annafreud.org/on-my-mind



Kirklees Youth
Intervention Team



Let's talk about self-harm

Information for
Young People

WHY?

gender
identity
Sexuality
school
pressure
LONELINESS
depression
FAMILY TROUBLES
bullying
Anxiety
BODY
IMAGE
SOCIAL
MEDIA
Bereavement issues
LOW SELF-ESTEEM
Physical
Mental
Sexual
Abuse

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
- ☆ 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

