



Deer Park School

wecare@deerparksecondary.org



“We care about every mind and everybody ”

Self- Harm

General Information for students

For guidance and support, you can contact:

- <https://www.thecalmzone.net>
- www.getconnected.org.uk/self-harm
- <https://www.lifesigns.org.uk>
- www.childline.org
- www.harmless.org.uk
- <http://www.papyrus-uk.org>

You can also call :

- Childline 0800 11 11 (24-hour helpline)
- No Limits 023 8022 4224 (free and confidential information)

A self-help guide to support students

Self-Harm

Self-harm can be a way of coping with problems. It may help you express feelings you can't put into words, distract you from life or release emotional pain. It can be a form of escape, an effort to regain control over feelings or problems or reduce tension. Afterwards, you probably feel better, at least for a little while. But then the painful feelings return and you feel the urge to hurt yourself again.

Self-harm includes anything you do to intentionally injure yourself. Some of the more common ways include:

- Cutting or severely scratching your skin
- Hitting or bruising yourself
- Burning
- Intentionally preventing wounds from healing

If you're ready to get help for cutting or self-harm, the first step is to tell another person. It can be scary to talk about the very thing you have worked so hard to hide, but it can also be a huge relief to finally let go and share what you're going through.

'Don't ever be ashamed of talking about self-harm ...there are so many others in the same situation. Be brave and seek help'.

It is important to seek out support for cutting or self-harming as early as possible.

Alternatives to Self-harm:

Soothing/Stress Relief/Distractions:

- ☐ Going for a walk, looking at things and listening to sounds
- ☐ Create something: drawing, writing, music, or sculpture
- ☐ Going to a public place away from the house
- ☐ Keep a diary or weblog
- ☐ Stroking or caring for a pet
- ☐ Watching TV or a movie
- ☐ Getting in touch with a friend
- ☐ Listening to soothing music
- ☐ Having a relaxing bath

Releasing emotions:

- ☐ Clenching an ice cube in the hand until it melts
- ☐ Snapping an elastic band against the wrist
- ☐ Drawing on the skin with a red pen or paint instead of cutting
- ☐ Sports or physical exercise
- ☐ Have a cold bath or shower
- ☐ Squeezing lemon juice on an old cut
- ☐ 7-11 breathing : breath in for 7 and out for 11 - repeat 6 times.
- ☐ Using a punchbag
- ☐ Hitting a pillow or soft object
- ☐ Listening to or creating loud music
- ☐ Talk to family or friends so one you trust.