

MYTHS

1 - Just for attention. NOT true.

Many people who harm themselves, don't tell anyone.

Maybe they fear they will be labelled as an 'attention seeker'.

2 - People do it because they like blood. NOT True. There are many ways people harm themselves. It's not always by cutting.

3 - They do it because of what music they listen to. NOT true.

4 - They think it is cool. This is NOT true. Anyone who self-harms in any way, will not feel cool or do it to 'fit it'.

5 - People self-harm because they want to die. NOT true. Self-injury is a way of coping, not dying.

GET IN TOUCH. TODAY.

Wellbeing and Mental Health
Drop-in at JCA
Thursdays 1230-1330
SF2

Childline **0800 1111** or go to
childline.org.uk

Off the Record call: 0808 808
9120
otrbristol.org.uk

KOOTH an online free service
kooth.com

TESS Self-Injury Support for
women and girls call: 0808 800
8088
text: 07537 432 444
selfinjurysupport.org.uk

distrACT an app with info about
SI

Harmless a website with a range
of support and resources
harmless.org.uk



**SELF
INJURY**

WHY DO PEOPLE SELF-HARM?

Every individual is different - remember it is a way to cope with feelings

- a way of coping with overwhelming or confusing feelings.
- a way of coping with rage or anger
- to externalize internal pain and turmoil
- to take attention away from the things that are going on in their lives they feel they can't cope with
 - as a way of coping to get through that day, that hour.

The list goes on. Remember self-injuring comes in many different forms; pinching, scratching, headbutting, punching people or walls, pulling out hair or eyelashes, being promiscuous and putting yourself in dangerous situations, taking drugs or excessive alcohol.



Scars or self-injuring may tell the story of where you have been, they don't dictate where you are going

AUTHOR UNKNOWN

HOW CAN I HELP MYSELF?

- Get help, **talk** to someone (see overleaf for details)
- Think about the following: your **trigger - thoughts - feelings - situation - behaviours - at the time of or leading up to self-injury**
 - Keep a **diary**
 - **Look after** your wounds
 - **Distract** yourself for 10-15 minutes, play on a computer, go outside, listen to music - anything that works for you.
- Find **alternative** ways of coping with painful, overwhelming or angry feelings. E.g. push against a wall really hard, ping an elastic band against your wrist, put an ice cube to your skin.