

# Self-Harm

## What it is

- Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to: express something that is hard to put into words, turn invisible thoughts or feelings into something visible, change emotional pain into physical pain, reduce overwhelming emotional feelings or thoughts, have a sense of being in control, escape traumatic memories, have something in life that they can rely on and punish themselves for their feelings and experience

## Signs

- Unexplained changes in behaviour or personality, becoming withdrawn, seeming anxious, avoiding people, wearing long sleeves, not wanting to get changed in front of others and poor ATL.

## What to do

- Log your concerns on cpoms pass the slip to one of the DSL's
- Try to be non-judgemental.
- Let the person know that you are there for them.
- Relate to them as a whole person, not just their self-harm.
- Try to have empathy and understanding about what they are doing.
- Let them be in control of their decisions.

## Useful Websites

- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/for-friends-and-family/>
- <https://www.teachwire.net/news/how-to-spot-signs-of-self-harm-in-students>
- <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/how-tell-someone-about-self-harm/>
- <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/>

## Questions

- What is self harm
- You have spotted your friend is self harming what can you do to support them?
- What should you do if you suspect someone is self harming