

Self-Harm Self Help Tips

Talk to someone - share your thoughts and feelings with someone you trust, that could be a family member, carer, friend or member of staff at school.

Recognise your triggers - what makes you want to harm yourself (these can be people, situations, thoughts or feelings.)

Find distractions/ coping strategies - do something to avoid the urge to self-harm - you may need a few of these for the different triggers you may have. Some good distractions are:

- Exercise or playing a sport
- Punching a pillow or cushion
- Listening to or making music
- writing a diary
- drawing, scribbling or doodling
- painting
- using relaxation techniques
- doing something fun or creative
- squeezing an ice cube until it melts
- eating a strong flavoured food
- ripping up paper
- having a cold shower
- drawing on your skin with red paint or pen
- flicking or snapping an elastic band or hair bobble on your wrist
- arranging to meet friends

Celebrate who you are - you are more than a self-harmer and you have achieved some great things in your life.