

SELF-HARM



IF YOU NEED HELP/SUPPORT STRAIGHT AWAY, YOU CAN CALL 999 OR GO STRAIGHT TO THE NEAREST ACCIDENT AND EMERGENCY DEPARTMENT IF YOU CAN GET THERE SAFELY.

WHAT IS SELF-HARM?



Self-harm is when someone hurts themselves as a way of dealing with different things going on in their lives. Situations can be but not limited to, school/work pressures, stress, Strain/breakdown in relationships, physical/sexual/emotional abuse, sexuality, bullying, peer pressure or bereavement. These can cause painful thoughts, memories, and difficult feelings that can be hard to deal with and become overwhelming for a person.

WHAT CAN IT LOOK LIKE?

- Picking your skin
- Cutting yourself
- Scratching
- Pulling eyelashes/hair out
- Taking Alcohol or Drugs
- Pushing your body to extreme limits
- Practicing unsafe sex
- Hitting your head off a wall/floor
- Punching yourself

This list can go on and on. It is unique to everyone and some may even not realise they are self-harming.



WHY DO PEOPLE SELF-HARM?

Sometimes if we cannot share our feelings, feel alone, confused, or uncertain can lead to self-harm.

It can feel like:

- A Form of Release
- To gain a Sense of Control
- A Form of Punishment
- To gain a Sense of Escape



There can be many reasons behind why you are feeling this way and that is ok. All your feelings, thoughts and experiences are valid.

WARNING SIGNS OF SELF-HARM



Low Mood



Covering Up



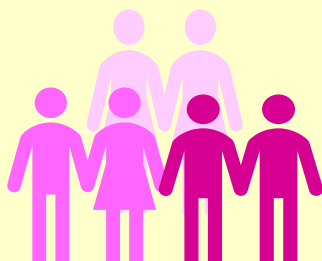
Isolation



Talking about Death

WHO SELF-HARMS?

Self-Harm does not discriminate, anyone of any gender, age, religion, and background can resort to self-harming.



HOW CAN I HELP MYSELF IF I AM SELF-HARMING?

1. **BE PATIENT AND KIND TO YOURSELF** – Helping yourself is a BIG step, so it is important to be patient and not expect to see instant changes.
2. **LOOK FOR PATTERNS** – Is there certain times or situations where you get the urge to self-harm?
3. **DON'T BEAT YOURSELF UP** – You are taking the time to support yourself positively and that is good.
4. **LOOK AFTER YOURSELF** – Look for healthy alternative ways to support yourself, this can be referred to as Self-Care.

SELF-CARE

Self-care is extremely important. It is all about taking time out to look after yourself.

Taking care of yourself mentally and physically can identify some distractions or delay strategies to reduce the urge to self-harm.

Some examples could be:

- Going for a Walk
- Listening to a Podcast or Music
- Cooking or Baking
- Sketching
- Painting
- Meditation/ Yoga
- Reading a Book
- Taking a Nap



CAN YOU THINK OF ANYMORE?

The Miracle Foundation SCIO are a bereavement and trauma organisation for Children and Young People between the age of 4 and 18 years old.

We have a great team of counsellors and art therapists that can help you deal with the thoughts and feelings you are experiencing. We will help you develop healthy techniques to deal with your emotions, build on your emotional strength and provide you with a hope for the future. We are here to support and help you when you are struggling during difficult times.

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REACHING OUT FOR HELP!

It is important to remember you are not alone. There is no shame with reaching out to a trusted friend, family member or adult.

There are also trained specialists and professionals who are here to support you and anyone else who are self-harming.

The Miracle Foundation have a great team of counsellors and art therapists that can help you. We are here to support and help you when you are struggling through difficult times.

USEFUL CONTACTS

If someone is at risk of coming to harm, the services would need to get in touch with emergency services or appropriate authorities.

CHILDLINE

A confidential service, operating times can be found on the website.

TEL: 0800 1111

ONLINE COUNSELLING: 1-2-1 chat

SHOUT

A free confidential and anonymous service available 24/7.

TEXT: 85258

SAMARITANS

Whatever you are going through, Samaritans can be called any time, from any phone for free.

TEL: 116 123

BREATHING SPACE

A free, confidential, phone service for anyone in Scotland **over the age of 16** experiencing low mood, depression, or anxiety.

TEL: 0800838587



THE MIRACLE
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