# Self Harm Awareness

## What is Self Harm?

Self-harm is when somebody intentionally damages or injures their body. It's usually a way of coping with very difficult feelings, painful memories or overwhelming situations and experiences.

## Common reasons/possible triggers that cause people to self harm could include:

- Difficult feelings, such as depression, anxiety, anger, stress or numbness
- Life pressures that are hard to cope with
- Bullying
- Money worries
- Sexual, physical or emotional abuse
- Bereavement
- Breakdown of a personal relationship
- Loss of a job
- An illness or health problem
- Low self-esteem and self-worth

## Warning signs to look for:

- Changing in eating habits
- Increased isolation
- Talking about self-harming
- Talking about drugs and/or alcohol
- Expressing feelings of depression, anxiety, stress etc.
- Risk taking behaviour

## What helps to cope with self-harm?

- Talking to a friend/family member
- Writing negative feelings down on paper
- Doing something you enjoy e.g. socialising, sports, going for a walk, going to the gym
- Listening to music
- Online support – supportive online groups or healthy chat rooms, messaging people that you know are supportive and helpful

**Approximately there are 1 million suicides per year and 60% of those never presented themselves to health services**

## CAMHS – Single Point of Access (SPA)

**Advice Line – 0151 293 3577**

**Monday – Friday 8am – 8pm**
**Saturday – Sunday 10am – 4pm**