

Self-Harm

Self-harm is difficult to talk about but it's a common problem and you can beat it.

What is self-harm?

Self-harm is when you hurt yourself on purpose. You usually do it because something else feels wrong. It seems like the only way to let those uncomfortable feelings out.

It is a very common behaviour in young people and affects around 1 in 12 people, with 10% of 15-16 year olds self-harming.

If you self-harm, it is usually as a result of another problem. It can happen if you are feeling anxious, depressed, stressed or bullied and feel you don't have any other way of dealing with these issues.

Often self-harming brings only temporary relief. It can be upsetting when you think that self-harm is the only way you can cope, but there are other healthy ways you can cope.

Sometimes it feels like no one understands why you self-harm, but lots more people today know about what the condition really means.

What to do about self-harm?

Take the first step.

If you think you are affected by self-harm, talk to someone - a parent or relative you trust, perhaps a teacher or youth worker. They will be able to help you get the right support.

YoungMinds Crisis Messenger

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers.

Texts are free from EE, O2, Vodafone, 3, Virgin, BT, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Text: YM to 85258

Opening times: 24/7



Support

The Samaritans

Whatever you're going through, you can always contact the Samaritans for support.

Phone: 116 123

Email: jo@samaritans.org



The Mix

Offers support to anyone under 25 years old about anything that is troubling them.

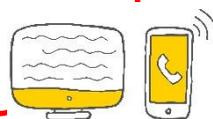
Email support available via their **online contact form**.

Free 1-2-1 webchat service available.

Free short-term counselling service available.

Phone: 0808 808 4994

Opening times: 4pm - 11pm, seven days a week



Calm Harm

A free app providing support and strategies to help you resist or manage the urge to self-harm.

Can be downloaded from [Google Play](#) or [App Store](#).



Useful websites:

<https://harmless.org.uk/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>