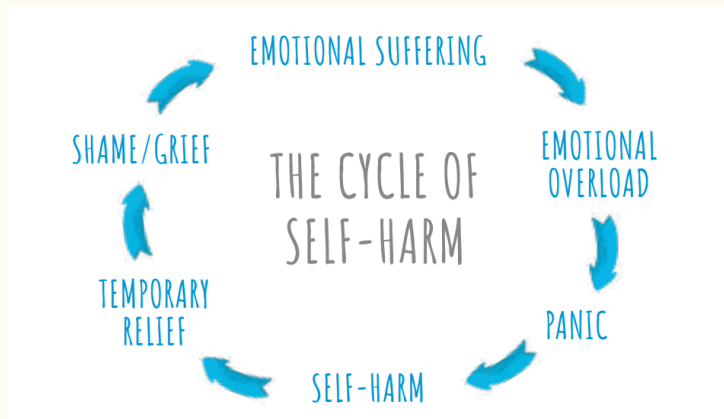


Self-Harm and Suicidal Ideation

“**Self-harm**” (or self-injurious behaviour) refers to behaviours a person may engage in that cause harm or pain to themselves, as a way of dealing with painful, upsetting or overwhelming feelings.

It can take lots of different forms such as:

- cutting
- burning
- using drugs or alcohol to manage
- not eating or over-eating
- biting, hitting or burning
- hitting walls or head banging



Some people find that self-harm brings some relief in the moment, but it can often feed into a negative cycle of shame, guilt, anxiety and panic that ultimately increases distress.

Everyone has different reasons to self-harm, which is why talking it through with a trusted adult or professional is important. If we can understand **why** it is happening, we can find alternative ways to cope or manage, and build up confidence.

Often distraction techniques can be helpful to manage overwhelming feelings.

Try the TIPP technique - temperature (like holding an ice cube), intense exercise, paced breathing, and progressive muscle relaxation.

www.youtube.com/watch?v=cqPcOCpJOXw

Top Tips

1. **Keep a journal to identify patterns and triggers**
2. **Keep talking to professionals and those who care about you**
3. **Create a safety plan with those around you**

Thoughts of suicide can affect anyone at any time.

Suicide may feel like an option for a young person to regain some control in their life, or as a way to escape a painful situation or experience.

Thoughts of suicide are common, with **1 in 4 young people experiencing thoughts of suicide** at some point. It's really brave for someone to open up and talk about feeling suicidal.

There is help available and knowing that someone is struggling gives you the opportunity to support them. Asking someone about suicidal thoughts can be scary - but all the evidence shows that it is the best way to help to keep them safe. Not talking about it doesn't make it less likely to happen.

If a young person tells you they have already taken steps to end their life or is planning to, it is important that you seek emergency medical support via 999 or Accident & emergency.

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE
HOPELINEUK
0800 068 41 41

Additional Support, Signposting and Resources

Papyrus - www.papyrus-uk.org (0800 068 4141)

NHS CAMHS live chat - www.nhft.nhs.uk/camhslive

Samaritans - 116123

Shout - text SHOUT to 85258

Northamptonshire REACH partnership/Lowdown - thelowdown.info/crisis-support/ (07985 268134/01604 634385)

www.youngminds.org.uk/young-person/my-feelings/self-harm/