

Things to consider

REMEMBER:

- Recovery is a journey
- Self harm is a coping strategy
- They maybe feeling vulnerable and frightened
- It takes courage to reveal self harm habits and your reaction can shatter their confidence
- Be honest, approachable and non-judgemental
- Offer positive responses
- Create an opportunity for them to talk to someone
- Do not send them away
- Listen, stay calm and be clear
- Try not to work alone
- Seek help

Signposting

The school has a procedure for supporting students who are self harming or at risk of self harming.

If a member of staff in school discovers that a student is self harming they must report the conversation or disclosure to the Designated Safeguarding Lead:

Mrs N Connolley

They will discuss this and decide what to do.

National Advice and Help Lines

NATIONAL SELF HARM NETWORK

www.nshn.co.uk

Supports young people who self harm

KOOTH

www.kooth.com

Supports young people with their mental health and well-being.

YOUNG MINDS

www.youngminds.org.uk

Information on a range of topics for young people

CHILDLINE

www.childline.org

24 hour helpline for children and young people

PAPYRUS

www.papyrus-uk.org

Offers support and practical advice and Information for anyone concerned that a young person may be suicidal

CARELINE

020 8514 1177

Confidential telephone counselling

NETHERTHORPE SCHOOL

Understanding Self Harm Information Booklet

School Ethos

To create a culture that encourages young people to talk and adults to listen and believe



Headteacher—Mrs H McVicar
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Understanding Self Harm?

Self harm is any emotional, physical and psychological harm or damage that is self inflicted to reduce and alleviate the depth of emotions that a person is feeling.

Possible Reasons for Self Harm

- Bullying
- Stress
- Parents with drug, alcohol or mental health issues
- Low self esteem
- Feeling sad or rejected
- Bereavement or loss
- Experience of abuse
- Separation or divorce
- Pressure at home, neglect or conflict

Why People Self Harm

- Relief of feelings
- Distraction
- Coping strategy
- Self punishment, hatred or blame
- Cleansing activity
- Calming or comforting
- To regulate feelings rather than gain a response
- Helps them to feel in control
- Feeling real or alive

Some definitions of Self Harm

There are many forms of self harm so judging what is and what isn't can be difficult. Some definitions:

- Head Banging
- Cutting, biting, stabbing, scratching skin
- Hitting themselves to cause bruising
- Burning or scalding
- Ingesting toxic substances

What Stops Students Seeking Help?

- Fear of abandonment and rejection
- Being labelled or judged
- Being misunderstood
- Fear of peoples' reactions
- Losing control—others taking control again
- Negative experience of support, counselling or therapy

Self Harm IS NOT

- Attention seeking
- Enjoyable
- Manipulation. This denies the reality of the mental, emotional and psychological anguish underlying the behaviour
- The extent of the injury is not used as a measure of the seriousness of the problem or distress
- Personality disorder

Mistakes People Make

- Telling them to STOP and take control
- Push them too fast
- Criticise them or ignore emotional turmoil by focusing on their symptoms
- Tell them to pull themselves together
- Promise confidentiality
- Talk at them or try to jolly them along
- Put people down or dismiss it
- Ignore what is happening
- Probe or interrogate them
- Assume it will lead to suicide or is a suicide attempt
- Pity them or label them as mad (Sane people self harm)
- **NOTE:**
- People hurt self harmers unintentionally. Fear, panic, ignorance and your own distress can make the situation worse