## 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

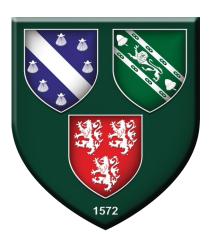
CARELINE 020 8514 1177 Confidential telephone counselling

# 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 01246 472220

## **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