

SELF-HARM

— What is it? —

Where a physical pain is caused to try and stop emotional pain.

— What does it look like? —

- Where a person causes harm to themselves.
- You struggle to cope with emotions.
- Having bad feelings about yourself.
- Hiding away from others & being secretive.

STRESS
ANGER

DEPRESSION

— How to deal with it? —

- Identify when you are most likely to harm yourself or a specific time.
- Find a distraction; make a cup of tea, leave your room & go downstairs.
- Talk to friends & family, or someone you trust.
- Do something that you enjoy to keep your mind in a more positive state.
- Move harmful instruments & tools out of reach, so they're not as easy to get.
- Face your feelings, don't avoid them.
- Keep a diary of your feelings.
- If things don't improve, contact your GP.

SECRETS