

# Self- Harm

## What is self-harm and where to find help and support?

Self-harm is where someone hurts themselves as a way of coping with how they feel. . This could be cuts, scratches, burns and other things that hurt the body. Self-harm can happen when people feel overwhelmed by their feelings.

People who self-harm often hide the injuries. Not everyone self-harms to cope with how they feel.

People who self-harm don't always want help. Some know that they are unhappy but not everyone is able to talk about what it is that makes them feel this way. Some people do ask for help when they are ready.

Self-harm becomes a habit very quickly if the person finds it comforting. Try and get help early.

Self-harm is not dangerous if the injuries are treated and are minor.. However, it is a sign of mental distress - this can make people unwell. There are things that can help and people that can help.

## Who can help?

- You can help a person who is self-harming by talking to them about how they feel. - sometimes having someone to talk to helps.
- You can help them to learn more about self-harm and how they can help themselves.
- Ask them to talk to their doctor. The doctor can help with medicines and help them to see someone who can help with mental health - a nurse or doctor..
- You can talk to your doctor about the person who self-harms and they can help support you.
- If you have other people helping, like a social worker, you can ask them for help.
- If your child is school age, you could talk to the school about it - they can get help for your child too.

## Where to find out more on website:

[www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information