

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Self-Harm:

Why do I self-harm?

If you are self-harming, it's likely that you are hurting yourself as a way of coping with **something in your life**. A few examples might include:

- Family/friendship issues
- Stress
- Exam/school pressure
- Bullying
- Depression/numbness
- Negative body image
- A traumatic experience

Physical pain can feel easier than feeling out of control emotionally, and so this may give you the **feeling of control** that you lack.

Triggers?

It can be helpful to **identify your triggers** to notice when you're about to self-harm, so that you can distract yourself in some way. Are you feeling:

- Angry/frustrated?
- Sad?
- Numb/empty?
- Ashamed?
- Lonely?

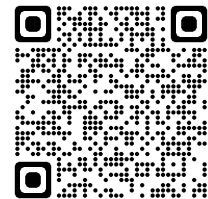
It's important to remember that feelings are called 'feelings' because **they're meant to be felt!** You might also feel the urge to self-harm building up in your body too, so be aware of what's going on within you!

Safety Plan?

It's important to make a Safety Plan to record your triggers, coping techniques and people you trust to help you. A great Safety Plan can also be found in the **'helpful resources'** section.

What are some helpful alternatives?

Some great alternatives to self-harming can be found on the Calm-Harm app, where they have different categories depending on how you are feeling. See what works for you and what doesn't.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Childline

08000 1111

www.childline.org.uk (online chat)

The Mix

0808 808 4994

www.themix.org.uk (online chat)

Kooth

www.kooth.com

Helpful Resources

[Young Minds: Self Harm](#)

[MIND: Tips for Coping with Self-Harm](#)

[The Mix: Self-Harming? Here's how to talk to someone about it](#)

[YouTube: Recovering from self harm](#)

CALM HARM (app)



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