

# 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?

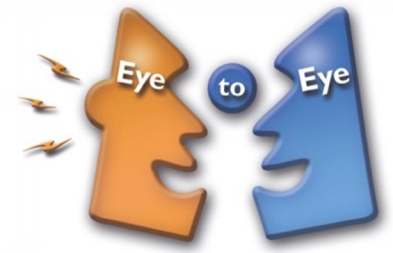
It's important to remember that feelings are called 'feelings' because **they're meant to be felt!** You might also feel the urge to self-harm building up in your body too, so be aware of what's going on within you!

## 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. It is also important that you are keeping yourself safe by looking after your cuts, e.g. keeping them clean and dressing them to avoid infections.

## 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.



"Sometimes we all need someone to talk to"



### Helpful Resources

[Self-harm safety plan \(hatw.co.uk\)](http://hatw.co.uk)

[CALM HARM APP](#)

[E--wellbeing.co.uk/sh-resources/](http://E--wellbeing.co.uk/sh-resources/)

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

[info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**Childline**

0800 1111

[www.childline.org](http://www.childline.org) (online chat available)

**The Mix**

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk) (online chat available)

**Kooth**

[www.kooth.com](http://www.kooth.com) (online chat available)

