

Self Harming



What is Self-Harming?

Rates of self-harm in the UK have increased over the past decade and are amongst the highest in Europe. The Truth Hurts report found that rates of self-harm are highest among young people, with around 25,000 11-25 year-olds admitted to hospital each year after self-harming.

While self-cutting is the most common form of self-harm, perhaps affecting as many as one in 15 young people, it is not the only one. Truth Hurts describes self-harm as “a wide range of things that people do to themselves in a deliberate and usually hidden way, which are damaging”.

Holly talks about her experience of self-harming over a number of years, and how she dealt with it.

Self-harm is often a way of coping with painful and difficult feelings and distress. Someone may harm themselves because they feel overwhelmed and don't know how else to deal with things. It's usually a very private issue and motivations and methods will differ from one person to another. Some forms of self-harm carry a serious risk, but this doesn't mean someone who self-harms is always intending to cause themselves serious injury.

www.thesite.org

How can we help?

If you need to talk to someone, scan the QR code, fill out the form online or email us:

safe@educ.somerset.gov.uk

Useful websites

www.youngminds.org.uk

www.kidshealth.org

www.rethink.org

www.nshn.co.uk

www.thesite.org



email: safe@educ.somerset.gov.uk
web: www.castleschool.co.uk/SAFE



SAFE

Scan me