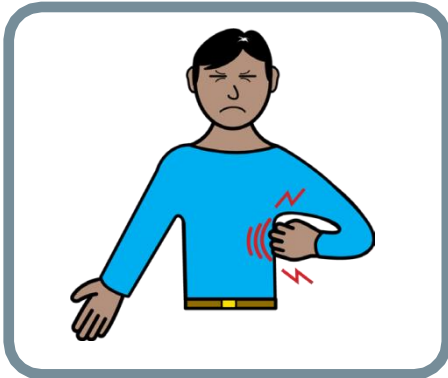
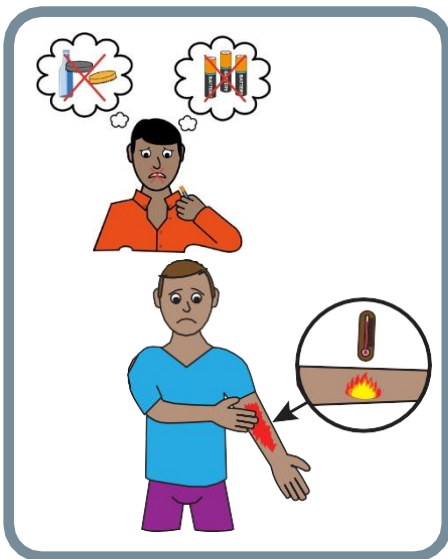


# What is Self harm?



Self harm means **hurting** yourself on **purpose**.



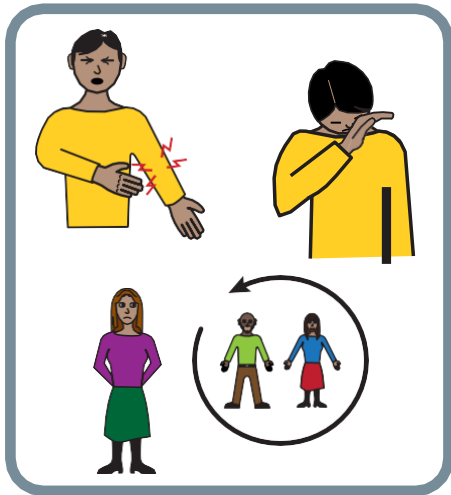
Some ways people might **hurt themselves on purpose** might be:

- **Scratching** yourself
- **Cutting** yourself
- **Biting** yourself
- **Swallowing** objects
- **Burning** yourself
- **Pulling your hair out**



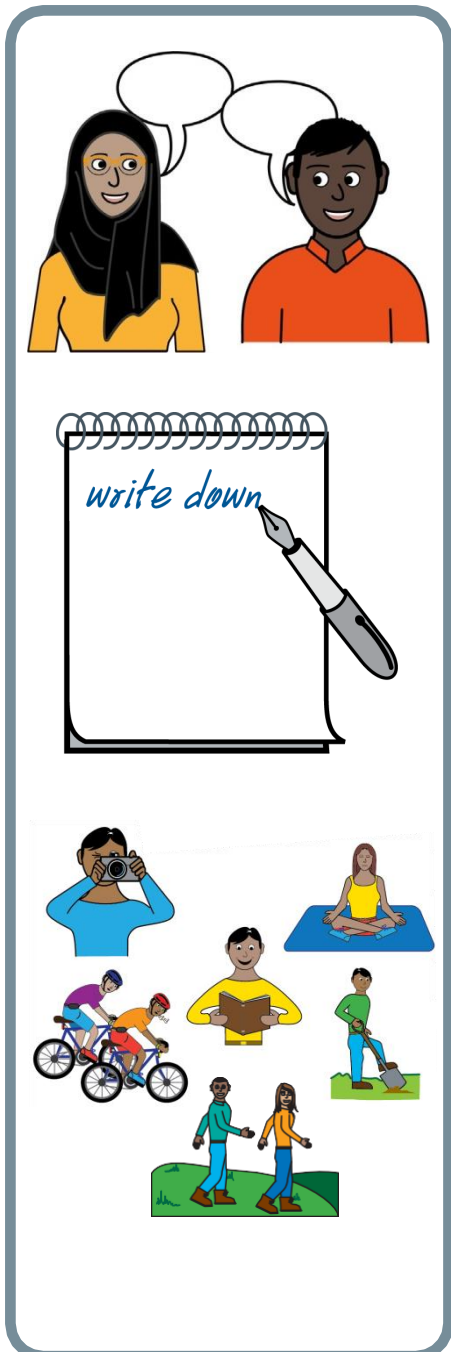
There are **many reasons** why **someone might self harm**. You might do this:

- To get people to **listen**
- To cope with difficult **thoughts and feelings**
- To tell people you are **feeling bad and get help**
- To **punish others** by **hurting yourself**



You might want to **stop self harming** because:

- It **hurts**
- **Cuts** or **burns** may **get infected**.  
This can be **very painful**
- It **upsets you** or **other people**
- People **might treat you differently** because of **your scars**.



If you want to **stop** you can **get help** by:

- **Talking to family, carers or your GP**
- **Write a diary** about your **feelings** and why you self-harm. **Knowing** why can **help you** make **changes**.
- **Write down** why you **want to stop**.
- **Keep yourself busy** by doing something **different** (you could exercise, go shopping, talk to your friends, play games, do gardening, or other hobbies).

# Ways you can get help:



## Calm Harm

**This app** may help you deal with the need to self harm.

It gives you **activities** to do for **5 or 15 minutes** to **wait out** the need to hurt **yourself**.



## Samaritans

Tel: **116 123**

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Emotional support** and **listening** for service for people in crisis.



## Connect Helpline

Tel: **0808 800 1212**

Connect is a telephone helpline open 6pm – 2am every night of the year for people living in Leeds. The service provides emotional support and information



If you still want to self-harm when you have tried to stop it, try to do something less painful. This could be scratching instead of cutting.

**In an emergency call 999.**