

Resource #3 Key points on self-harm

Fix This

1. Self-harm is **not just one thing**. It is different for different young people... from cutting themselves, to car dodging...
2. Self-harm is when someone hurts themselves **as a way of dealing with difficult or distressing feelings**. Some young people find that self-harm **helps them cope better** with those feelings.
3. There **are wide range of reasons why** some young people say that self-harm helps them feel they can cope with their distressing feelings better, for example it means they feel in control of one aspect of their life.
4. The difficult and distressing feelings experienced by young people who self-harm are **due to different reasons for each young person**. It's never helpful to make assumptions or to generalise. Examples of reasons could be being bullied or relationship difficulties. There can often be more than one reason and sometimes young people don't know why.
5. There are **different words used** to describe self-harm.
6. Young people who self-harm may have **struggled with difficult and distressing feelings for some time** before they self-harm.