## **Help and Support**

#### **Local Services**

#### **Thriving Kirklees**

0300 304 5555

www.thrivingkirklees.org.uk

#### **Kooth - Online Counselling**

www.kooth.com

#### Chat Health - Confidential Text Messaging Service

www.thrivingkirklees.org.uk/chat-health

Text - 07520 618866

### **Self Help**

Apps

Calm Harm

Headspace: Meditation & Sleep Breethe: Meditation & Sleep

For Me (Childline)

Downloadable from App Store (iphone) and GooglePlay (Android)

#### **Professionals**

MindEd - Further training available for those volunteering, working or studying in the field

www.minded.org.uk

Northorpe Hall – useful links for professionals

www.northorpehall.co.uk/useful-link/professionals

### **Further Information and National Services**

#### YouTube

Search 'Who's Helping Alex'

Childline - 24hr helpline

0800 1111

#### Samaritans

116 123

#### **Papyrus**

Text 0778 620 9697 Telephone 0800 068 41 41

#### Anna Freud - National Centre for Children and Families

www.annafreud.org

#### **Parents/Carers**

YoungMinds - Parents Helpline www.youngminds.org.uk search 'Parents Helpline' 0808 802 5544

# Chat Health – Confidential Text Messaging Service for Parents/Carers

www.thrivingkirklees.org.uk/chat-health Text - 07520 618867

#### Northorpe Hall - workshops for parents and carers

www.northorpehall.co.uk/workshops-parentscarers

#### Produced in collaboration with



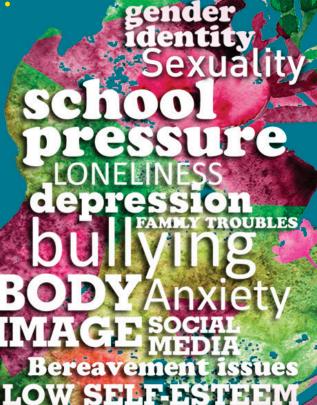


Kirklees Youth Intervention Team



Can we talk to you about self-harm?

Guidance for adults supporting young people



Physical Mental Sexual Abuse Self-harm is a coping mechanism and is a symptom of an underlying problem.

A young person's behaviour is not always what it seems.
We see a behaviour but what we don't see is what's
under the surface.

1 in 12 young people will self-harm at some point in their lives. It can affect anyone, and may not be obvious to others.



## Self-harm doesn't mean the young person is...

crazy

psycho

a

attention seeking

a weirdo

mental

suicidal

### A young person might self-harm...

A

as an expression of emotional pain



as a coping strategy



as a sense of control

\*

as they're upset and are taking it out on themselves

## Why is it hard for a young person to tell someone?



Fear of judgement



Intimidating to talk about



Don't want to be told to stop as it could be a coping strategy



Fear of not being understood



Embarrassment



Might not have anybody they feel they can talk to



Scared to be seen as attention seeking BUT there is nothing wrong with needing attention

"Some people do it for attention... that doesn't mean they should be ignored. There are plenty of ways to get attention why cause yourself pain? And if someone's crying for help you should give them it, not stand there and judge the way they're asking for it."

Spoken by a young person who self harms in *The Truth About Self Harm* (National Inquiry, 2006)

# How you can support?



Listen

Keep an open mind

Be curious about the emotions being felt



Help find support



Treat the person differently



Panic



Tell them to stop