

# Help and Support

## Local Services

### Thriving Kirklees

0300 304 5555

[www.thrivingkirklees.org.uk](http://www.thrivingkirklees.org.uk)

### Kooth – Online Counselling

[www.kooth.com](http://www.kooth.com)

### Chat Health – Confidential Text Messaging Service

[www.thrivingkirklees.org.uk/chat-health](http://www.thrivingkirklees.org.uk/chat-health)

Text - 07520 618866

## Self Help

Apps

Calm Harm

Headspace: Meditation & Sleep

Breathe: 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](http://www.minded.org.uk)

**Northorpe Hall – useful links for professionals**

[www.northorpehall.co.uk/useful-link/professionals](http://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](http://www.annafreud.org)

### Parents/Carers

YoungMinds - Parents Helpline

[www.youngminds.org.uk](http://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](http://www.thrivingkirklees.org.uk/chat-health) Text - 07520 618867

### Northorpe Hall – workshops for parents and carers

[www.northorpehall.co.uk/workshops-parentscarers](http://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

# WHY?

gender identity  
Sexuality  
school pressure  
LONELINESS  
depression  
FAMILY TROUBLES  
bullying  
Anxiety  
BODY IMAGE  
SOCIAL MEDIA  
Bereavement issues  
LOW SELF-ESTEEM

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
- ☆ a weirdo
- ☆ psycho
- ☆ attention seeking
- ☆ mental
- ☆ suicidal

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

- ☆ 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?

Do

- ☆ Listen
- ☆ Keep an open mind
- ☆ Be curious about the emotions being felt
- ☆ Help find support

Don't

- ☆ Treat the person differently
- ☆ Judge
- ☆ Panic
- ☆ Tell them to stop

