

LOOKING AFTER YOURSELF:

SELF-HELP TIPS & ADVICE

Identify Patterns of Self-Harm

- Learn to recognise your triggers - what situations/feelings make you feel like hurting yourself?
- Become aware of your urges - what are the physical sensations that occur beforehand?
- Try keeping a diary of your experiences to help you identify any patterns in your behaviour

Distract yourself

- This is the main way people keep themselves safe from self-harming
- Different distractions work for different people - find out what methods work for you
- Work on delaying the urge to self-harm - even just for 5 minutes to start with. When possible, work on increasing the time you wait.



Contact Us

📍 23 Carter Street
Uttoxeter
Staffordshire
ST14 8EY

✉ hello@yess.uk

🌐 www.yess.uk

☎ 01889 567 756



YOUR EMOTIONAL SUPPORT SERVICE



LET'S TALK ABOUT... **SELF HARM**

To make a donation,
text **YESS**, followed by your
donation amount, to **70450**

(e.g. YESS 5 to donate £5,
YESS 10 to donate £10)



INFORMATION AND SUPPORT
AROUND SELF-HARMING:
HOW TO SUPPORT
YOURSELF AND OTHERS

WHAT IS SELF-HARM?

- When someone causes deliberate injury to themselves
- Often something which is hidden and done in secret, meaning it can go unnoticed for periods of time
- Various methods, including cutting, burning, scratching, hitting, hair pulling, swallowing inedible objects/toxic substances etc.

WHY DO PEOPLE SELF-HARM?

The reason behind self-harming behaviours can vary from person-to-person - however it is commonly described as a way to:

- Gain a sense of control
- Stop feeling numb/dissociated
- Change emotional pain to physical pain
- Express feelings that are hard to put into words
- Punish themselves for their feelings/experiences

SUPPORTING LOVED ONES

Whether someone tells you directly or you suspect someone is hurting themselves, it can be difficult to know what to say and how to approach the situation.

Remember that the way you react will have an impact on how much they share with you - so here are some things to bear in mind...

- Try not to overreact or act shocked - stay as calm as possible
- Be empathetic and understanding - avoid telling them that you're cross with them or disappointed!
- Have an open and honest conversation with them
- Offer or seek out practical medical advice to help keep them safe
- Be there for them - offer to help them to find support
- Don't try to force change or take control - let them be part of making any decisions
- Take care of yourself and your own wellbeing too!

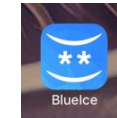
APPS FOR SELF-HARM SUPPORT



CalmHarm



distrACT



Bluelce

WHERE TO GO FOR SUPPORT IN A CRISIS

If you feel unable to keep yourself safe or have seriously injured yourself...

- Call 999 for an ambulance, or,
- Take yourself to your local A&E

If you need someone to talk to right now, you can call any of the following services, which are open 24/7:

NHS Urgent Mental Health Line:

South Staffs - 0808 196 3002

North Staffs - 0300 123 0907 (OPTION 1)

Samaritans - 116 123

SHOUT - Text SHOUT to 85258

Mental health emergencies are serious. You are not wasting anyone's time.