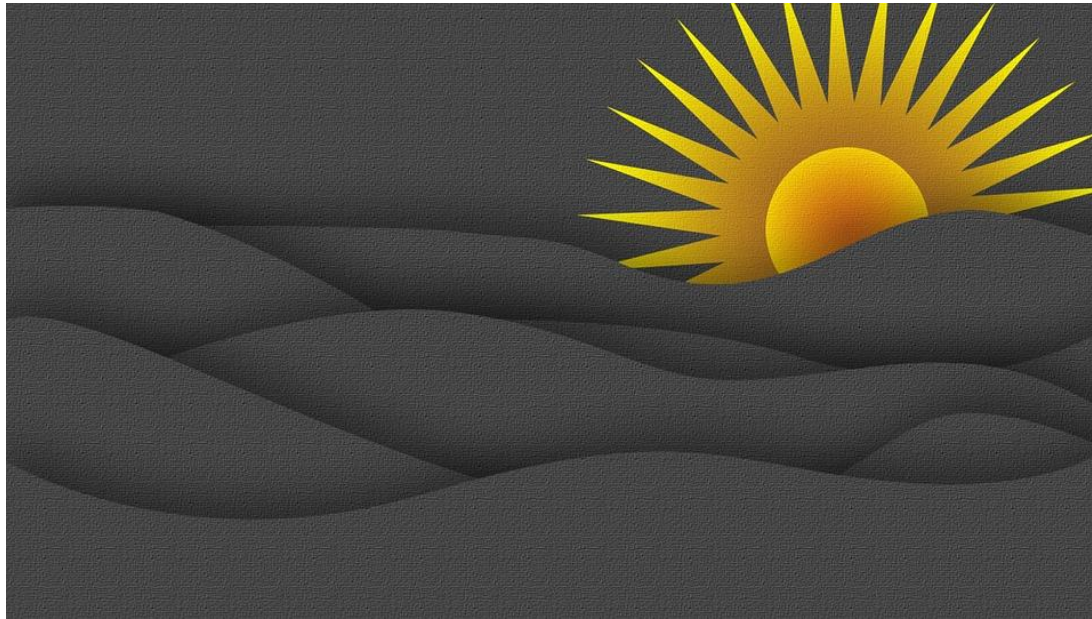


Healthy Body, Healthy Mind



Supporting Young People
Who Self Injure



‘Self injury is a sign
that something is
bothering and
upsetting you, not a
sign that you are off
your head’

Truth Hurts: Report into the
National Inquiry into Self Harm
Among Young People 2006



Healthy Body, Healthy Mind

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Healthy Body, Healthy Mind

Some Facts...



Teen Brain



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Triggers for self harm/injury



- Relationships
- Bullying
- Trauma
- Exam pressure
- Expectations
- Family changes
- Identity

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Warning Signs

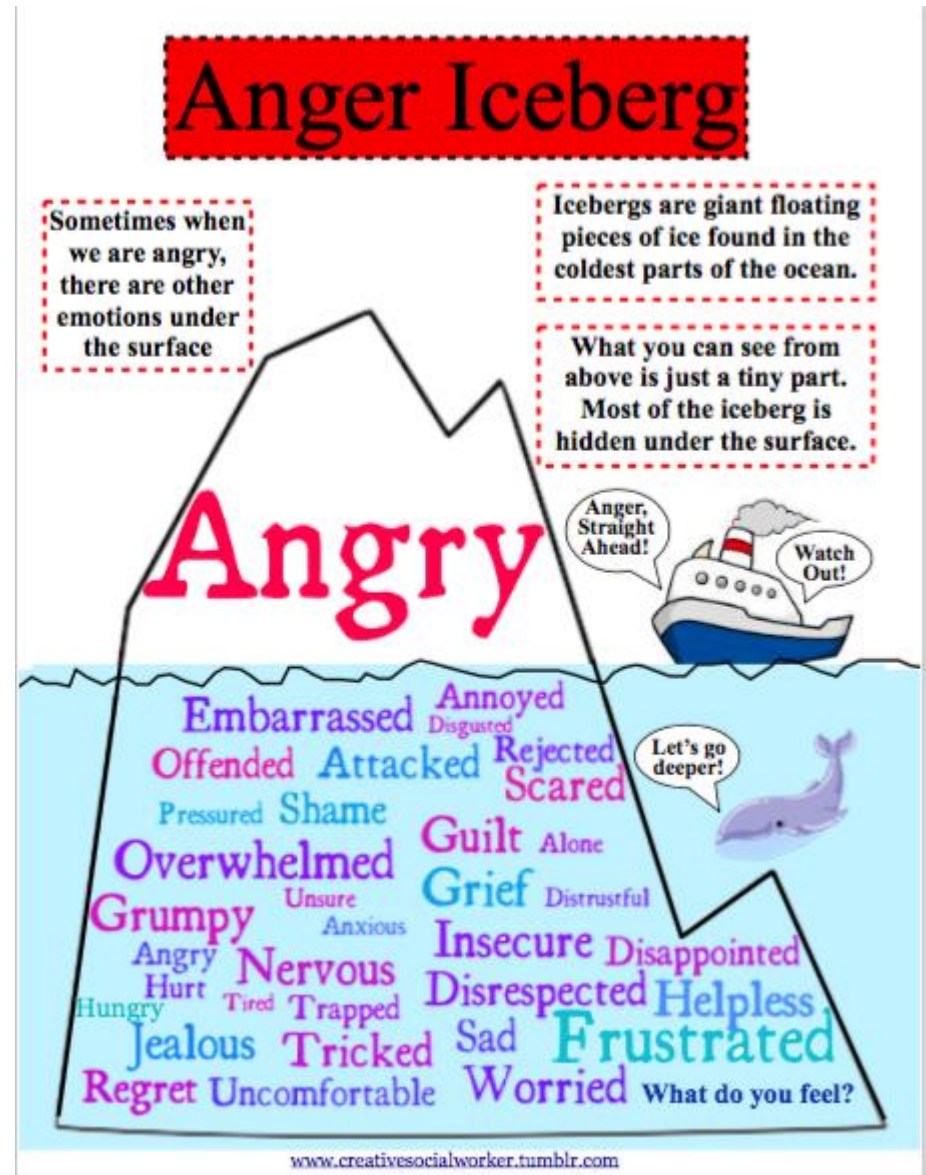


- Changes in behaviour
- Changes in eating/sleeping
- Increased isolation
- Changes in activity/mood
- Lowering of grades
- Expressing feelings of failure/hopelessness

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Reasons young people say they self injure

Unloved
Rejection
Worthlessness
Depression
Tears
Worthless
Shame
Loneliness
Not Needed
Feeling Bad
Unwanted
No Value
Feelings
No Purpose
Alone
Despair
Sad
Not Measuring Up



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Anger Iceberg

Sometimes when we are angry, there are other emotions under the surface

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean.

What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.



www.creativesocialworker.tumblr.com

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One of our
students
explained...

“If the natural human wish is to avoid physical pain and it (i.e. self injury) is a coping mechanism, think how much pain you must be in mentally and emotionally to choose to inflict physical pain instead.”

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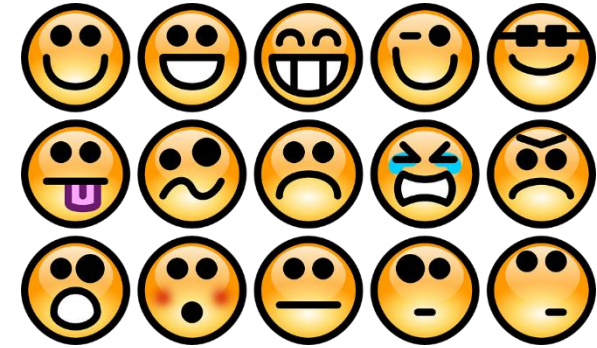
How do we respond?

- Listening...
- Caring...
- Accepting...
- Helping...
- Safeguarding...
- Confidentiality...



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Alternatives to self injury

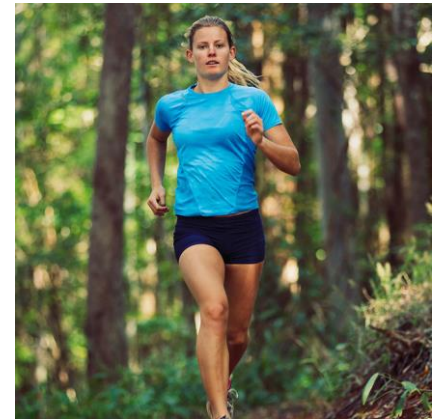
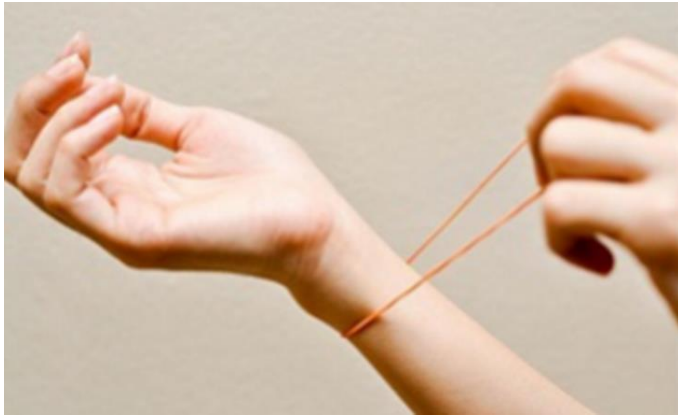


Dealing with feelings



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Alternatives to self injury



Distraction



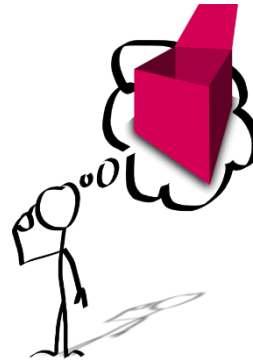
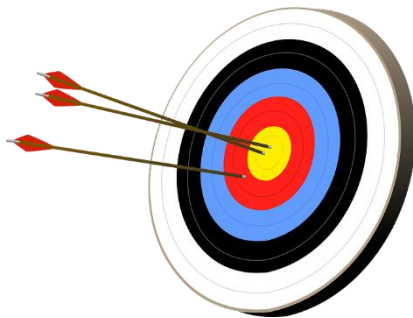
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Alternatives to self injury



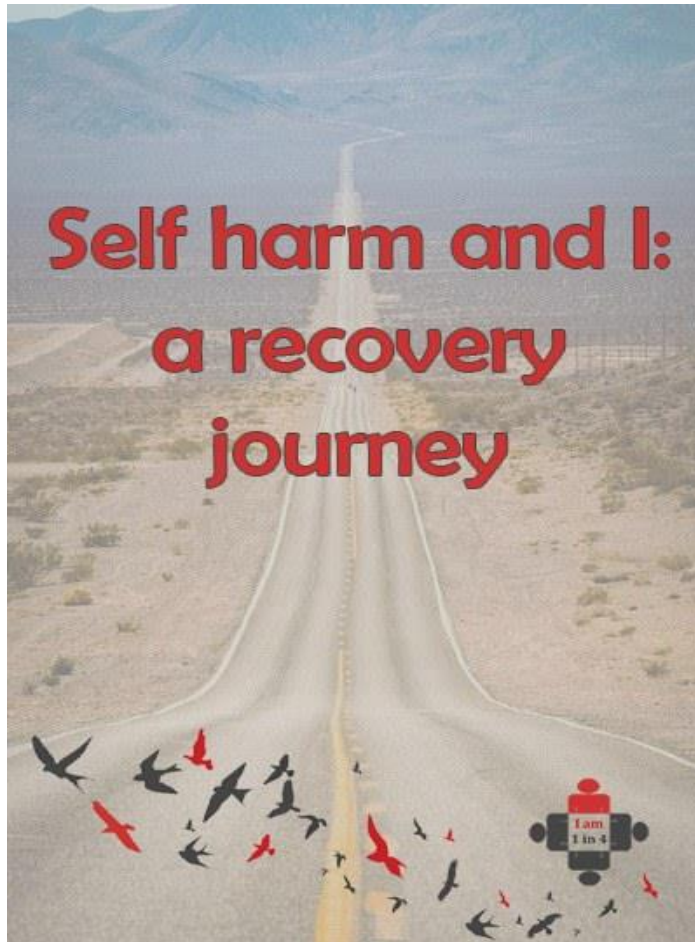
Learning to problem solve

GOAL SETTING



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Recovering from self injury



In College...

- Pupil support and 1 2 1 meetings
- Listening
- Accompanying
- Encouraging self care: eating well, exercise, relaxation, balance in life
- Looking out for warning signs

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Support Outside of College

For Students:

TESS – Text and email support services.
www.selfinjurysupport.org.uk

Childline www.childline.co.uk 08001111

Off the Record www.otrbristol.org.uk

KOOTH – online counselling service for 11 – 18 year olds www.kooth.com

Calm Harm – mobile app

distrACT – mobile app

Young Minds - youngminds@ukonline.co.uk

For Parents:

MIND - parent information service
www.mind.org.uk

Royal College of Psychiatry website
'You can Cope' leaflets

Oxford University help guide for parents on self harm



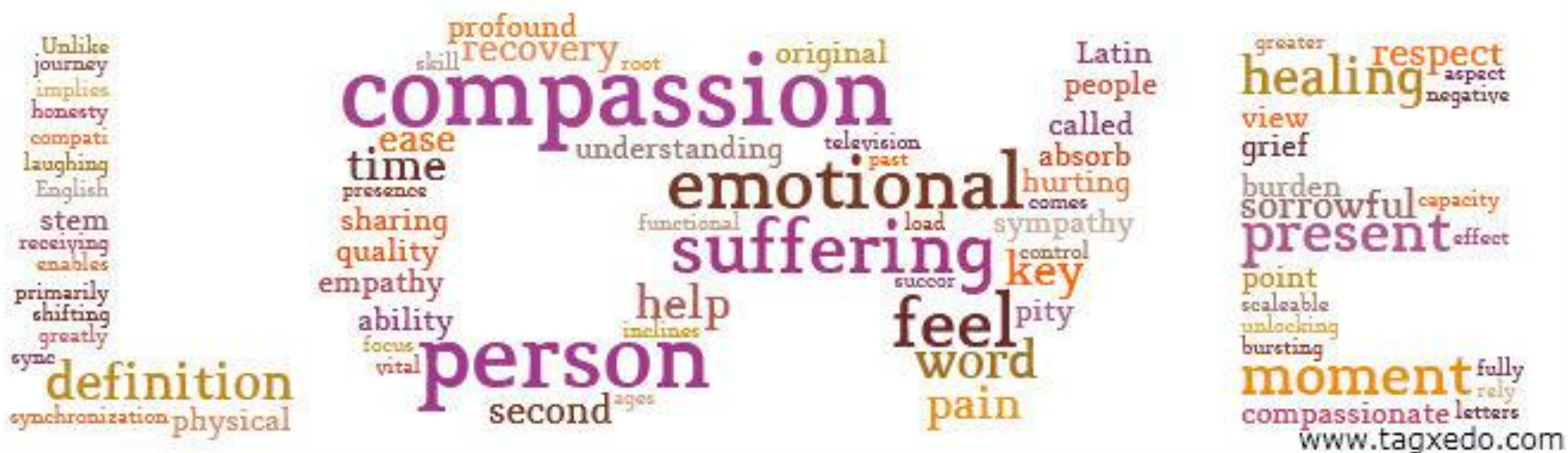
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MAKE time
For YOURSELF



are IMPORTANT

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