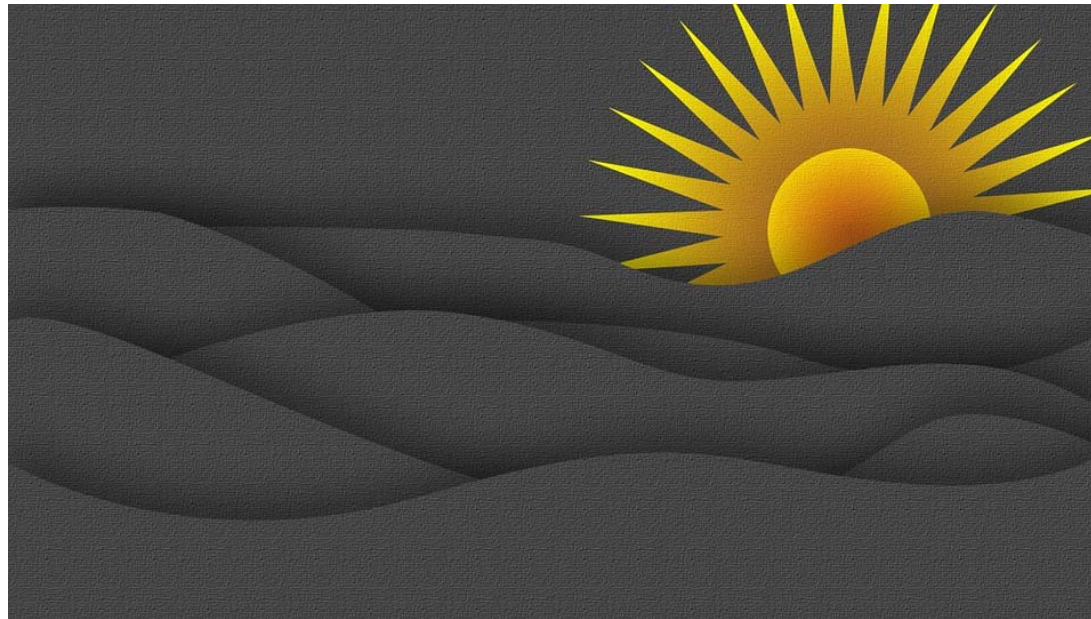


# Healthy Body, Healthy Mind



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*



# Contributory Factors

- Personal
- Family
- Social



*Healthy Body, Healthy Mind*

# Some Facts...



## Teen Brain



*Healthy Body, Healthy Mind*





# Triggers for self harm/injury



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

*Healthy Body, Healthy Mind*



# Warning Signs



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

*Healthy Body, Healthy Mind*

Reasons young people say they self injure

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



**Healthy Body, Healthy Mind**



**Healthy Body, Healthy Mind**



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.”

*Healthy Body, Healthy Mind*



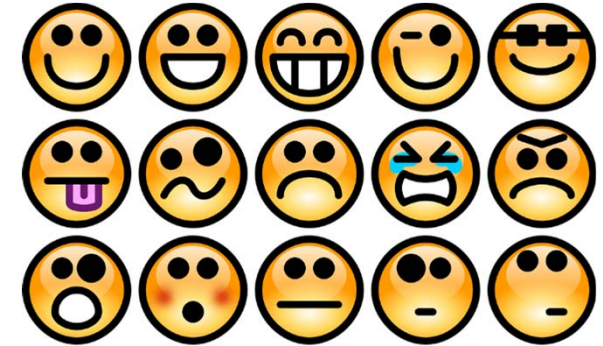
# How do we respond?

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



*Healthy Body, Healthy Mind*

# Alternatives to self injury

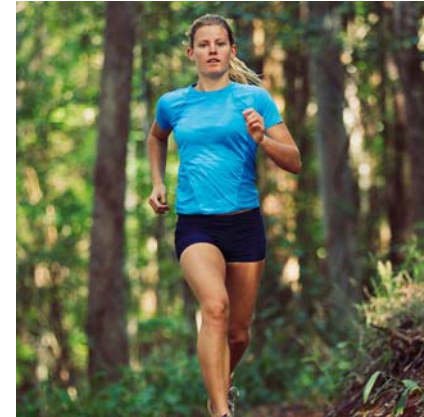
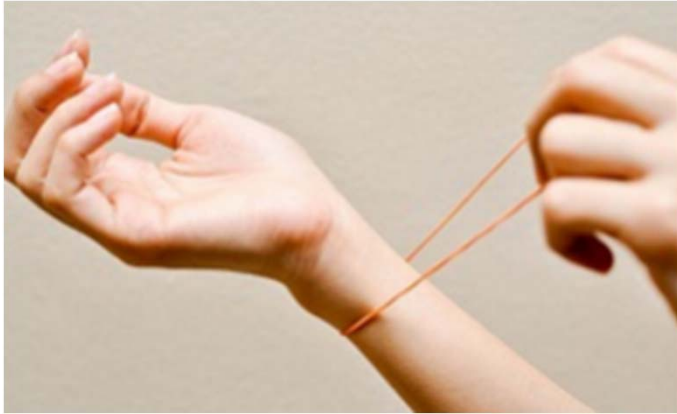


Dealing with feelings



*Healthy Body, Healthy Mind*

# Alternatives to self injury



## Distraction



*Healthy Body, Healthy Mind*



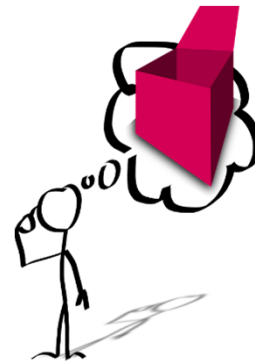
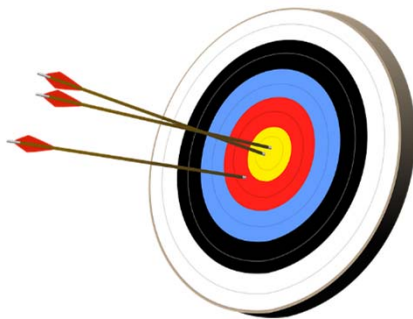


# Alternatives to self injury



## Learning to problem solve

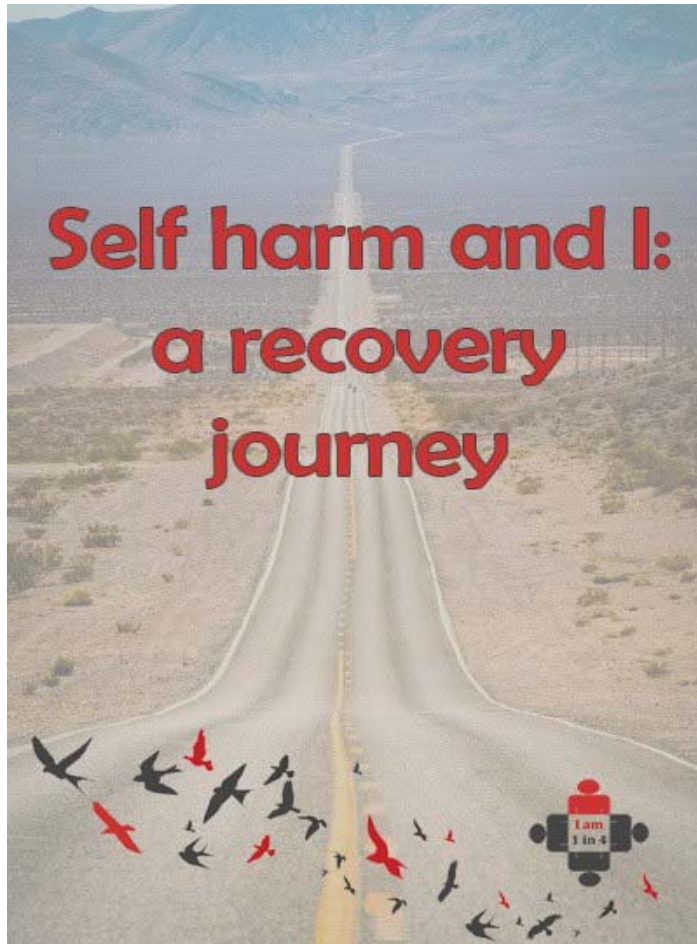
**GOAL SETTING**



*Healthy Body, Healthy Mind*



# 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

*Healthy Body, Healthy Mind*



# Support Outside of College

## For Students:

**TESS** – Text and email support services.  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

**Childline** [www.childline.co.uk](http://www.childline.co.uk) 08001111

**Off the Record** [www.otrbristol.org.uk](http://www.otrbristol.org.uk)

**KOOTH** – online counselling service for 11 – 18 year olds [www.kooth.com](http://www.kooth.com)

**Calm Harm** – mobile app

**distrACT** – mobile app

**Young Minds** - [youngminds@ukonline.co.uk](mailto:youngminds@ukonline.co.uk)

## For Parents:

**MIND** - parent information service  
[www.mind.org.uk](http://www.mind.org.uk)

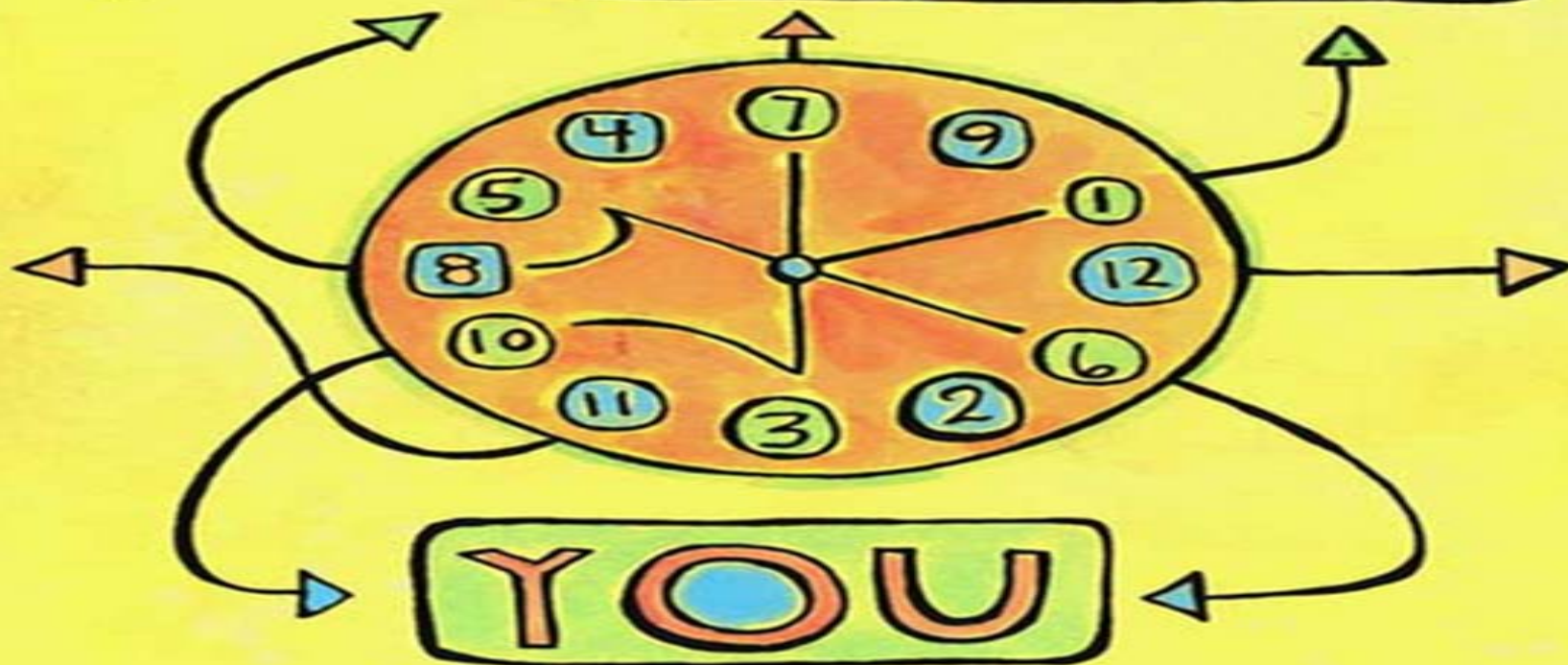
**Royal College of Psychiatry** website  
'You can Cope' leaflets

**Oxford University** help guide for parents on self harm



***Healthy Body, Healthy Mind***

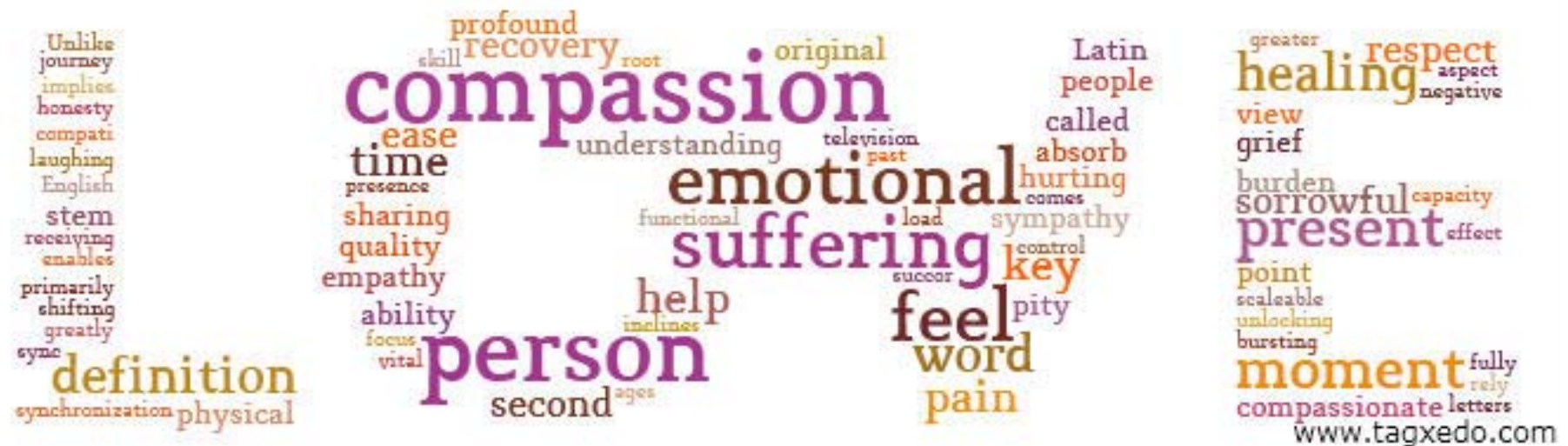
MAKE time  
For YOURSELF



are IMPORTANT

## Healthy Body, Healthy Mind





*Healthy Body, Healthy Mind*