

Self-Harming Behaviours

Helping professionals, parents and carers to understand:

- Developing an insight relating to triggers thoughts & emotions
- Become aware of the journey towards self-harm
- Working together to keep children safe and on the road to recovery

'Working together to keep young people safe'



Self-Harm

- Self-harm is a deliberate act in response to a specific need
- It can involve; scratching, cutting, punching, bruising, pulling hair or eyebrows, restricting or overeating, head banging, overdose

It is likely to be a response to; friendship difficulties, poor self-esteem, loss & bereavement, family conflict, classroom difficulties, bullying, social media

Some Truths & Misconceptions:



The function of Self-Harm

Emotional moderation, release of feelings, physical v emotional, as a means of punishing self or others, trying to feel better

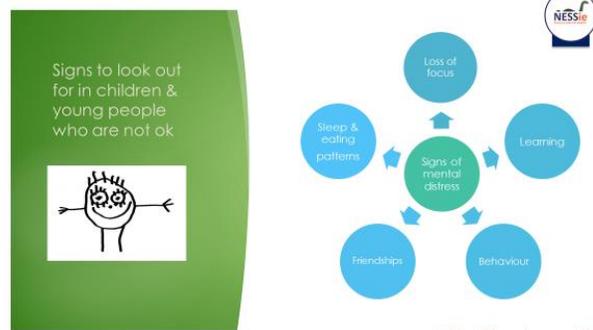
Signs of distress

Noticing changes in normal patterns of behaviours

'Every behavior has a positive intention'



Recognise what's normal for your child and what might be different.



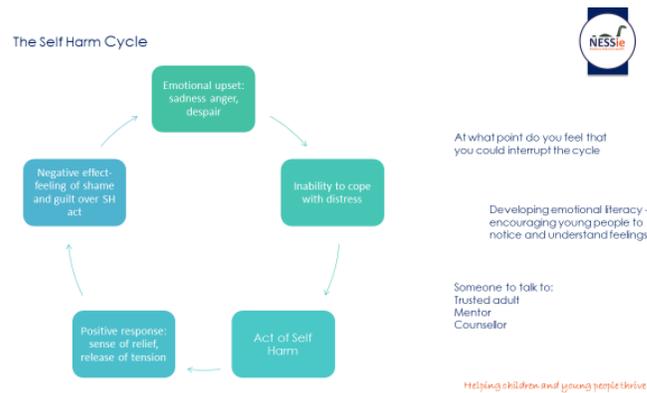


The Gatekeepers response

A 3 stepped approach for a positive & confident response:

1. Thank them for coming to you. Positive affirmation!
2. If it's a difficult time, choose a more appropriate moment (perhaps when you have had time to gather your thoughts) Take responsibility to arrange this with your child
3. 'Is there anything I can do for you right now?' Try to support with one small practical thing.

The self-harm cycle



Talking about self-harm

Maintain a calm, non-judgmental approach. Listen, reassure and think about next steps. Who needs to know and who could help, school, GP, counsellor. Think of a plan together – child at the centre.

Remember . . . 'the worst thing you can say is nothing'

Communication network – who's on yours?

What's in your bucket?

Connect with NESsie on:



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Useful websites & resources:

- <https://www.annafreud.org/>
- <https://harmless.org.uk/>
- <https://www.healthyyoungmindsinherts.org.uk/>
- <https://www.selfharm.co.uk/>
- <https://www.zerosuicidealliance.com/>
- <https://youngminds.org.uk/>

Helping children and young people thrive

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