

# 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

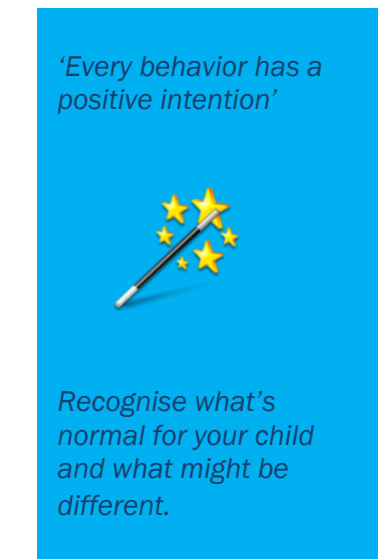


## Self-Harm

- 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:

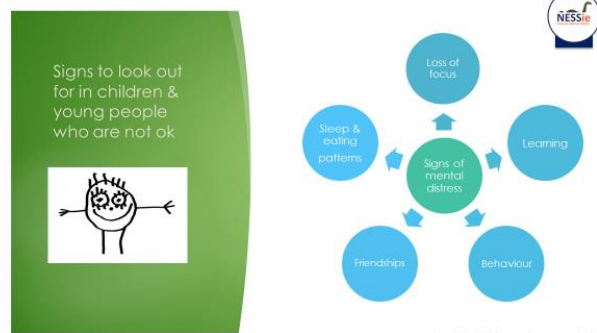


## The function of Self-Harm

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





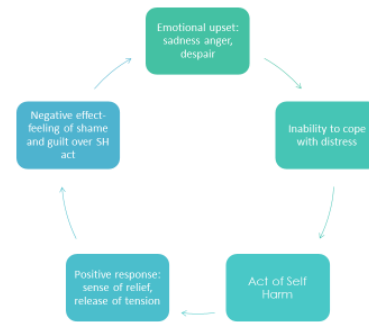
## The Gatekeepers response

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

The Self Harm Cycle



At what point do you feel that you could interrupt the cycle

Developing emotional literacy - encouraging young people to notice and understand feelings

Someone to talk to:  
Trusted adult  
Mentor  
Counsellor

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**Communication network – who's on yours?**

**What's in your bucket?**

## 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'

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### Useful websites & resources:

- <https://harmless.org.uk/>
- <https://centre33.org.uk/>
- <https://www.cpfh.nhs.uk/youunited>
- <https://www.mind.org.uk/>
- <https://www.youngminds.org.uk/>
- <https://www.selfharm.co.uk/>
- <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

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