THE SELF-HARM FACT SHEET

SELF-HARM FACT SHEET for INFORMATION & SUPPORT RESOURCES

What is Adolescent Self-Harm? Adolescents are 13 to 19 years old. Self-harm is when someone intentionally damages or injures their body. It's usually a way of coping with, or expressing, overwhelming emotional distress. There have been increasing rates of UK adolescent self-harm over the last decade, & the majority of incidents are invisible to health services. Current research states that we should try to understand the school context & needs, to provide help in schools for adolescent self-harm. This is what the current project is aiming to achieve.

Here are a list of help resources. If you are feeling stressed, anxious or down, you may find it useful to consult the help sources listed here. If you are experiencing **extreme feelings of distress**, we strongly encourage you to speak to your GP, so they can offer you appropriate help & support. The NHS has information & support services for self-harm - see the webpage: http://www.nhs.uk/Conditions/Self-injury/Pages/Treatment.aspx

Help Sources for Students	*Help Sources for Staff*
Association for Young People's Health Online guide for young people who are supporting each other. Website: http://Behealthy-peersupport.org.uk **ChildLine** Helpline for children and young people to discuss their concerns or problems in confidence: 0800 1111 Website: www.childline.org.uk **Cornell Research Programme on Self-injury (Self-harm) & Recovery** Evidence-based information, support and resources about self-harm (called self-injury on this site), gained from Cornell University's self-harm research programme. Website: www.selfinjury.bctr.cornell.edu/resources.htm **Mental Health Foundation** Information for young people who self-harm, or who are concerned about friends who do. Detailed website page at: www.mentalhealth.org.uk/a-to-z/s/self-harm **Young Minds** Provides information to children and young people about mental health and emotional wellbeing, including self-harm. Website: www.youngminds.org **Youth in Mind** Website database of Information and quality resources for psychological advice (it has a search engine "help finder") Website: http://youthinmind.info/py/yiminfo/	**MIND** Mental health charity providing advice and information. Telephone: 0300 123 3393 or text 86463 Website: www.mind.org.uk **Education Support Partnership** Online advice, support and information for the education workforce. 24/7 helpline number: 08000 562 561 Website: www.educationsupportpartnership.org.uk/ **MindEd** Free educational resource on children and young people's mental health for all adults. Website: https://www.minded.org.uk/ **NSPCC – self harm information & support section.** Information, resources and support about helping to keep children and young people safe (and safeguarding). This includes in the context of self-harm. Website:https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/ **Royal College of Psychiatrists** Leaflets and expert advice on mental health, including self-harm. Website: http://www.rcpsych.ac.uk/expertadvice.aspx **Samaritans** 24/7 helpline number: 116 123 Email: jo@samaritans.org Website: www.samaritans.org