What you can expect from today

- Tackling self-harm myths
- Self-harm behaviours
- Understanding who self-harms and why
- Recovery
- What to aim for and avoid
- Devising strategies

Self Harm Myths

- Mental Illness
- Suicide attempt
- A teen girl issue
- Attention seeking

Range of self harm behaviours

- Cutting
- Scratching
- Burning
- Interfering with healing wounds
- Drinking poisons or chemicals
- Overdosing on medication
- Binging, purging, restricting
- Substance misuse
- Alcohol misuse
- Smoking
- Self neglect
- Excessive exercise
- Provoking fights
- And many more...

Who?

- Young women
- Prisoners
- Asylum seekers & refugees
- Veterans
- LGBT+ People
- Abuse Survivors
- People who are homeless
- Care experienced people
- And more...

Why do people do it?

- Suicide prevention
- Manage painful feelings
- Control
- Communication
- Comfort
- Feeling real and alive
- Release
- Distraction
- Punishment
- To make body unattractive to others
- Anger and disgust at self
Recovery

What to aim for...
- Listen
- Focus on how they are feeling and understand why
- Help work out whether they want to stop
- Be patient, supportive and encouraging
- Signpost to professionals/organisations if appropriate
- Be empathetic and non-judgemental
- Discuss safety and risks, harm minimisation

What to avoid...
- Do not dismiss or avoid talking about it
- Do not ask for proof or to see wounds
- Do not force the person to talk about it
- Do not ask a person to promise not to self harm
- Do not remove or hide self harm objects if possible
- Try not to show disappointment if self harm continues
- Do not make assumptions about mental health or abilities

Devising strategies
- Help find an activity which does a similar job
- 5 minute rule – Let the urge subside...
- Phone Apps for coping... (E.g. Super Better, Calm Harm, Insight Timer)
- Help learn to tolerate discomfort and manage difficult emotions

Questions
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