

IN4M: Information in 4 Minutes (Student)

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What is Self Harm?

The term 'self-harm' is used to describe behaviours that happen as a physical reaction to emotional pain. Those who self harm often do so to manage their negative feelings during periods of anxiety, anger, stress, distress, low mood or low self-esteem. But it can also be used as self-punishment when someone feels upset with themselves. Even very minor harm, which makes you feel emotionally better, can be classed as self-harm. Self harm takes many different forms, however, it is more important to recognise when help is needed and find some support as soon as possible, and it's far more helpful to consider how a person feels rather than how they self harm.

What can I do, if I am worried about myself or about someone else?

Hugh Baird College offer a range of services for you to tap in to, if you need advice. The Pod is the One Stop Shop for pastoral support and there you will find that you can share your thoughts with staff who are highly skilled and experienced in dealing with self harm.

Our Health and Wellbeing Coordinator, Janine, offers an expert service in such matters and is located in the first room to your right, when entering the Pod. Next door to Janine, you will find our counselling service. Bernie and Sheila both offer a drop in service and can be booked for regular appointments, if you feel this would be beneficial.

The Retention and Progression Co-Ordinators, Linda, Julia and Kelly are all trained Safeguarding Officers and will be able to offer you the time and privacy you need to talk through any worries tha you may have. The Pod is open from 9 until 5 Monday to Thursday and from 9am until 4pm on Fridays, you can call in at any time; there will always be someone ready to hear your worries and support you.

Did you know?

"It's more common than you think." (Self Harm UK Oct 2017)

90 percent of people who engage in self harm begin during their teen or pre-adolescent years (HealthyPlace.com Oct 2017)

It is thought that around 13% of young people may try to hurt themselves on purpose at some point between the ages of 11 and 16, but the actual figure could be much higher. (Self Harm UK Oct 2017)

About 50 percent of those who engage in self harm begin around age 14 and carry on into their 20s (HealthyPlace.com Oct 2017)

Girls are thought to be more likely to self-harm than boys, but this could be because boys are more likely to engage in behaviours such as punching a wall, which isn't always recognised as self-harm. (Self Harm UK Oct 2017)

Where else can I look for help?

Selfharm.co.uk

Sane.org.uk

Samaritans.org/Samaritans/Self-Harm

youngminds.org.uk/find-help/feelings-and-symptoms/self-harm

If you are under the age of 18, you may prefer:

childline.org.uk/info-advice/your-feelings/self-harm/

nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/

REMEMBER: Self-harm doesn't happen to any one type of person, it can affect anyone. Please remember, whether you are harming or you are worried about someone you know, you are not alone, we are here to listen and support you.

