



ADVICE LEAFLET FOR CHILDREN AND YOUNG PEOPLE FOLLOWING SELF-HARMING BEHAVIOUR

Self-harm can be really difficult to talk about but it's a common problem and you can beat it. If you self-harm, you might be dealing with lots of intense thoughts and feelings and hurting yourself feels like the only way to let those feelings out.

How to help yourself

- Talk to someone you can trust – this could be a friend, family member, teacher, school nurse or youth worker
- Take a few minutes every day to write down or draw how you are feeling – this can help you recognise what is bothering you and any patterns in what causes you to feel bad
- Consider how your use of social media is affecting your mood – only follow accounts that make you feel positive and safe
- Try to make sure you get enough sleep and stay hydrated
- Think of three things you are grateful for each day
- Be as kind to yourself as you would to your best friend – think about the advice and support you would give to someone else if you heard they were struggling

Free Apps

You might wish to try some of the free apps below which are available on the app store and google play



Calm Harm

Provides support and strategies to help you resist or manage the urge to self-harm



MeeToo

For young people 11+ providing resources and a moderated community where you can share problems, get support and help others



Catch it

Helps you to look at problems in a different way, turn negative thoughts into positive ones and improve your mental health.



Support for You

Did you know that Bolton has a website all about children and young people's mental health? You can access it on www.bekindtomymind.co.uk and it includes a list of all the mental health support available across Bolton!

Some services that you can access for free without a referral are listed below:

Kooth – Provides free online mental health counselling and self-help support to children and young people aged 11 – 25 in Bolton. Access is free and anonymous on www.kooth.com

ChatHealth – Young People in Bolton can text a healthcare professional for confidential information and support around a range of topics including mental health, alcohol and drugs, bullying and relationships. Text 07507 331753

Papyrus – Provides confidential support to any young person around self-harm and suicide 9am – 12am every day via 0800 068 4141 or by emailing pat@papyrus-uk.org

YoungMinds Textline – Provides free 24/7 text support for children and young people of all ages. Simply text YM to 85258

Childline – If you are under 19 you can call, chat online or email about any problem big or small. Ring 0800 1111 or go to childline.org.uk to create a free anonymous account.

Urgent Help

If none of the ideas on this page are helping and it is not possible to cope with your self-harming behaviour urges then try to speak to the people you trust and feel safe with; whether that's family, friends, teachers or youth workers to get support. If you are already getting help from Bolton CAMHS or another mental health service you can follow your agreed care plan or speak to the person who cares for you at the service.

24.7 Crisis Line – Call 0800 953 0285 to speak to a mental health professional (For anyone of any age living in Bolton, Manchester, Salford or Trafford)

SHOUT – Text 85258 to speak to a trained advisor if you are struggling with your mental health. Available 24.7.

If you feel there is an immediate risk of danger to your life you should ring 999