

Self harm: Information for Students

If you are concerned about your mental health, there are a range of resources available to support you.

Talking to trusted adults about self-harm

Talking about your feelings and mental health can be daunting

There are many trusted adults here to ensure you **receive support**

Sharing is the **right thing** to do



It is okay to talk clearly about different behaviours and to **use the words "self-harm"**

If it is difficult to say your feelings out loud, **write a note to a trusted adult** and hand this directly to them

What is self-harm and how common is it?

Self harm behaviours are diverse, vary over time and between people



Self-harm is a word for many different behaviours that people use to cause themselves harm. **Around 20%** of young people in the UK self-harm. This number has been steadily rising, especially among young people.

For further support

There are lots of resources you can use to find out further information about self-harm and help **access support for either yourself, a sibling or a friend.**

All support services are free and available right now if you/ a friend or family member are currently struggling, please see the second page of this leaflet for further details.

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Talk to a staff member at your school. They will help answer your questions and establish a plan of support for you.

Talk to the School

Young Minds: Text "YM" to 85258
Shout: Text "SHOUT" to 85258
The Samaritans: Call 116123

Talk to a charity

Find out about young people's experiences of self-harm and explore coping strategies for your child at Mind or Young Minds.

Learn more about self-harm

Stay Alive App
Calm Harm App
Alumina Support group
National Self Harm Network

Apps and support groups

If you or a friend have seriously harmed themselves, or you feel that you are not able to keep safe, then call 999 or go straight to A&E.

Call 999

GPs can help you access medical support and refer to expert psychiatric services.

Book a GP appointment