

Unexplained worrying changes in a young person's demeanour and behaviour are often a sign that they are experiencing difficulties, but it can be difficult to know what those changes mean. However, there are warning signs that may suggest that a young person is self-harming. These are:

Other, less specific signs that can also indicate other mental health difficulties include:

## The signs of self-harm

Avoiding changing clothes, swimming or exercising around others

Wearing long sleeves even in warm weather

Unexplained cuts, scratches, burns or bruises

Sudden mood changes, becoming aggressive, angry or irritable. Or, sudden calm and quiet from someone who was aggressive or irritable

Lack of interest in previously enjoyed activities

Changes in eating and sleeping habits

Low mood, becoming withdrawn or isolated

Poor school attendance and noticeable changes in school performance

Excessive self-blame, expressing feelings of hopelessness, uselessness or failure

Please be aware: A young person may not show any of these warning signs and could still be self-harming.