

TELL
SOMEONE

No Harm Done

Things Can Change

Information and help for young people worried about self-harm



THINGS CAN
CHANGE

A MESSAGE OF HOPE

So why are you here?
You might be self-harming, maybe you've thought about it, maybe you have a friend who is self-harming or perhaps you just want to know more.

I got involved with this project alongside other young people who have 'been there' with self-harm. It is scary and isolating and it often feels like there is no way out.

The aim of 'No Harm Done' is to reassure those affected by self-harm that things can and do improve - it can be hard work (and it might feel worse before it gets better) but coming out on the other side is so worth it, YOU are so worth it.

There are people that care about you and they can help you to get to where you want to be.

COMMON QUESTIONS

What is self-harm?

Causing damage to your body, often as a result of distressing or difficult feelings.

Why do people self-harm?

Some young people report self-harming as a result of feeling overwhelmed, stressed, numb or disconnected. Others say something in their environment makes them feel vulnerable. Everybody's experience is different.

Am I going crazy?

No, self-harm is a lot more common than you think, it can affect anyone, you are not alone and help is available.

What can I do to stop self-harming?

Most young people find that it helps to be able to talk to someone they trust about what they are going through.

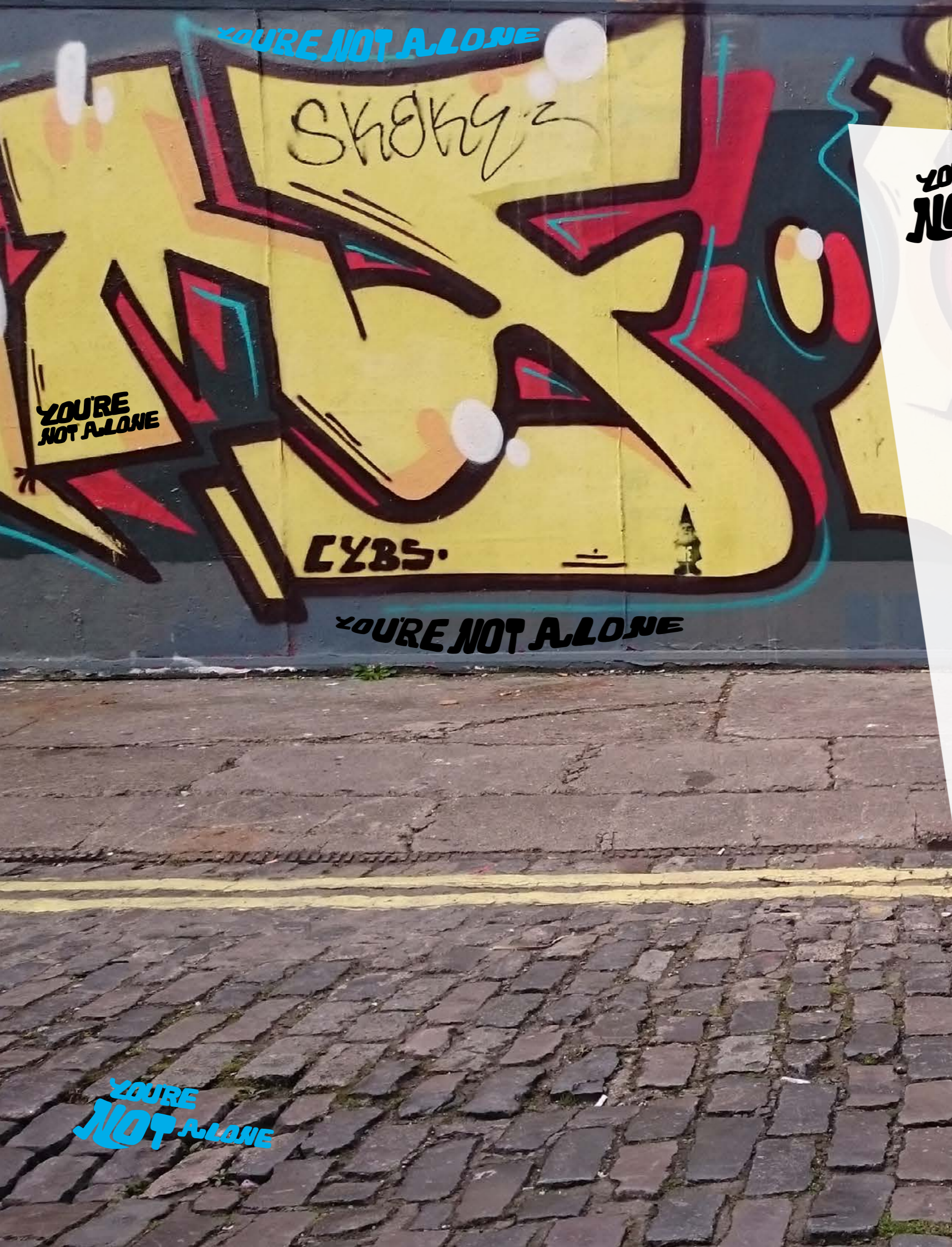
Who can help me?

People who care about you can offer the support you need, that includes parents, carers, family, friends, teachers, school nurses, doctors and youth workers.

Why do teachers have to tell someone else?

Teachers want the best for young people and have a duty to ensure you get the help you need, that sometimes means telling someone else in the school or at home.





**YOU'RE
NOT ALONE**

SOME ADVICE FROM OTHER YOUNG PEOPLE

Things can change. There are things that will make things better, you just have to look for them. And if one thing doesn't work, that doesn't mean you should give up or you're not worth it. It means there are other options that you haven't yet explored.

When you are self-harming it can be a really scary time - REMEMBER you do deserve to get better and you have the right to help.

Be kind to yourself.

Spend time with people who care about you, such as friends and family.

Find someone you trust to talk to, this is nearly always the first step to feeling better and getting the help you need.

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FINDING HELP

YoungMinds: [youngminds.org.uk](https://www.youngminds.org.uk)

[Factsheet](#) from [The Royal College of Psychiatrists](#)

Childline: [childline.org.uk](https://www.childline.org.uk) 0800 1111 (free 24hr)

selfharmUK: [selfharm.co.uk](https://www.selfharm.co.uk)

Self injury Support: [selfinjurysupport.org.uk](https://www.selfinjurysupport.org.uk)

Helpline: 0808 800 8088

(Tue & Wed 7-10pm, Thur 3-6pm & 7-10pm)

Text: 0780 047 2908 (Sun - Fri 7-9pm)

Harmless: www.harmless.org.uk

Email: info@harmless.org.uk

National Self Harm Network Forum: [nshn.co.uk](https://www.nshn.co.uk)

Get Connected: [getconnected.org.uk](https://www.getconnected.org.uk)

Freephone: 0808 808 4994 (7 days a week, 1-11pm)

Samaritans: [samaritans.org.uk](https://www.samaritans.org.uk)

Helpline (24 hr): 08457 90 90 90 UK & NI

Email: jo@samaritans.org

Youth Access: [youthaccess.org.uk](https://www.youthaccess.org.uk)

The Site: [thesite.org](https://www.thesite.org)

No Harm Done: ▶ film & ↓ resource pack for parents

No Harm Done: ▶ film & ↓ resource pack for professionals

If you have caused yourself serious bodily harm, or feel like you are going to, call or visit your local Accident and Emergency immediately.

find help



#NoHarmDone

THANK YOU

Thank you to all the young people that so generously gave their time and shared their experiences to make 'No Harm Done' a reality.

This pack was co-created with young people and produced by:

YOUNG MINDS

The voice for young people's **mental health and wellbeing**



Raising awareness



fighting depression