

Coffee & Chat:

SELF-HARM



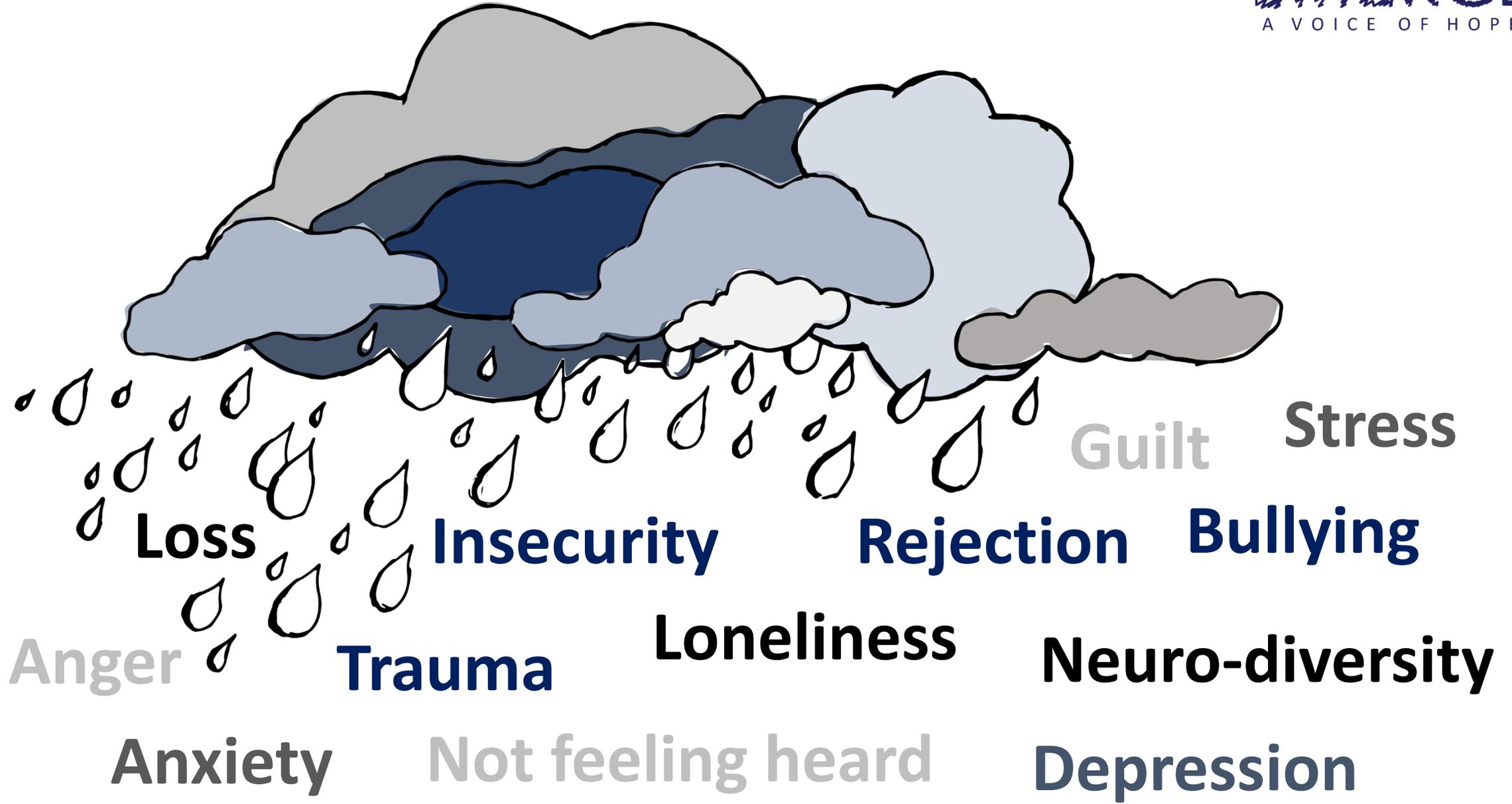
Agenda

- Why do people self-harm
- Personal story from a young person - what was self-harm to you
- Reframe from attention seeking to attention needing
- Language
- How do we support - finding alternative strategies
- Q&A with the panel

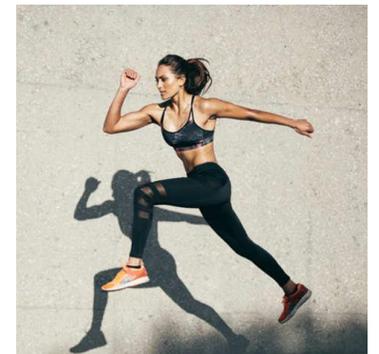


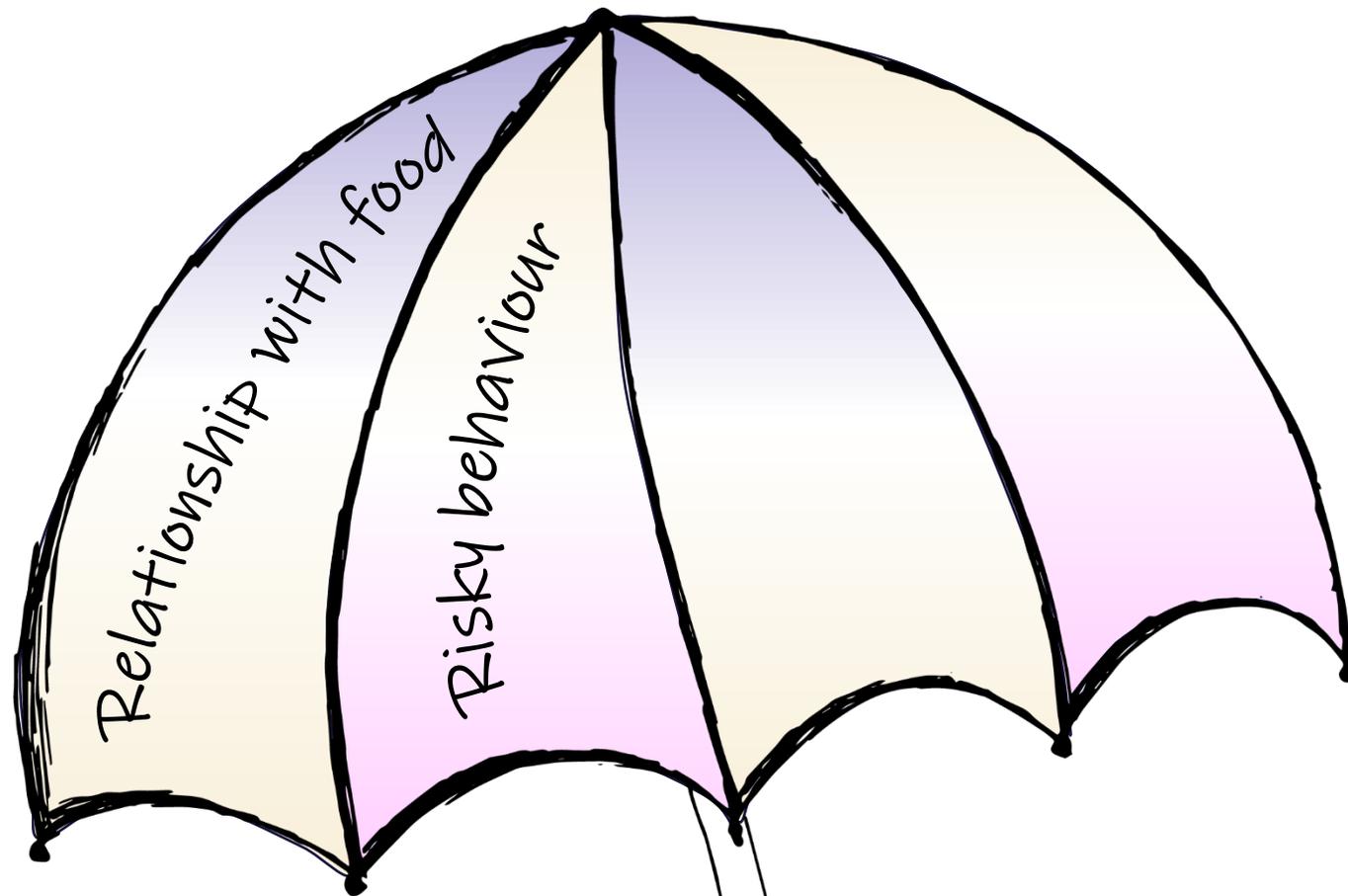
No Harm Done

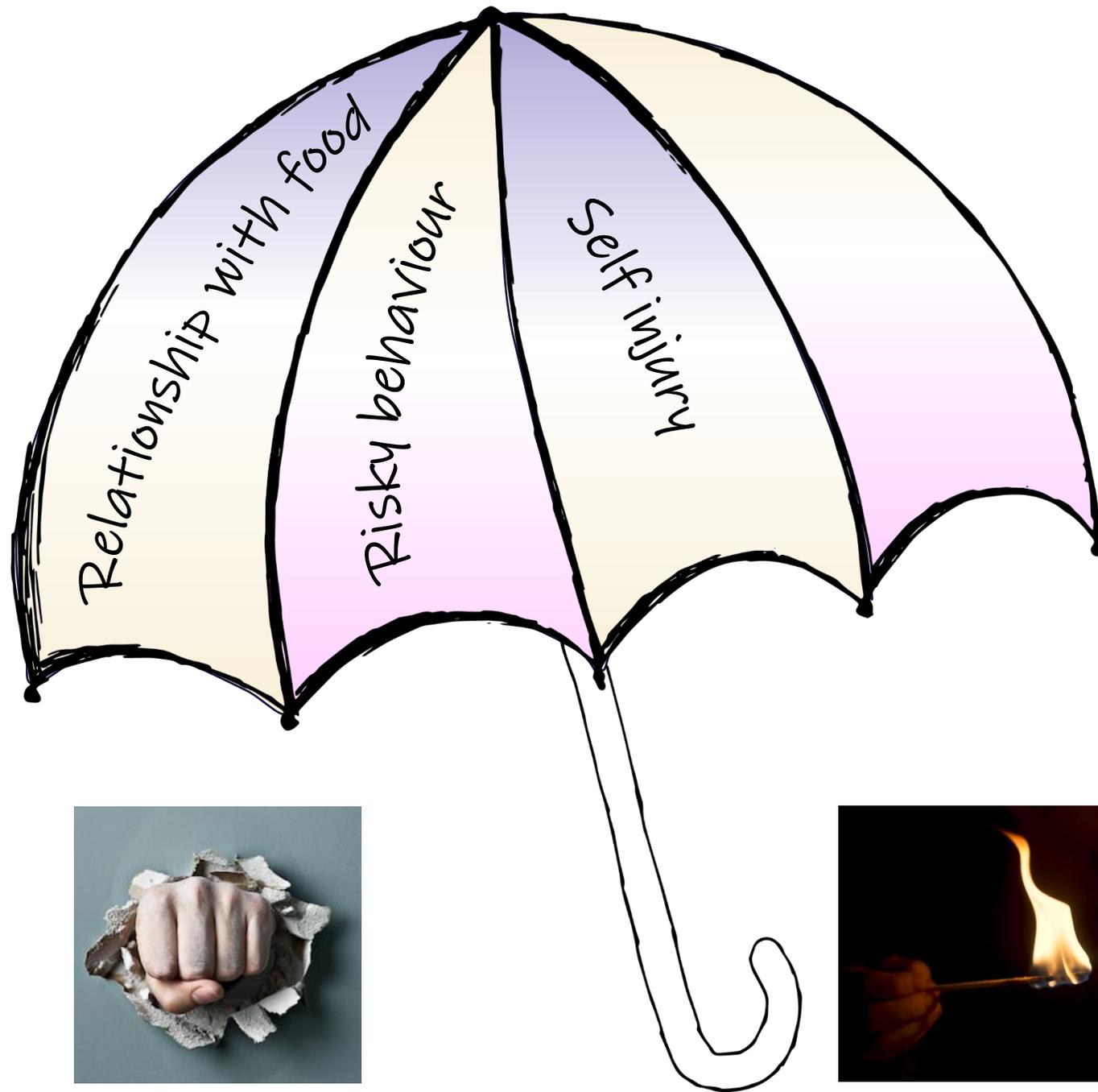
Recognising and responding
to self-harm for staff working
with young people

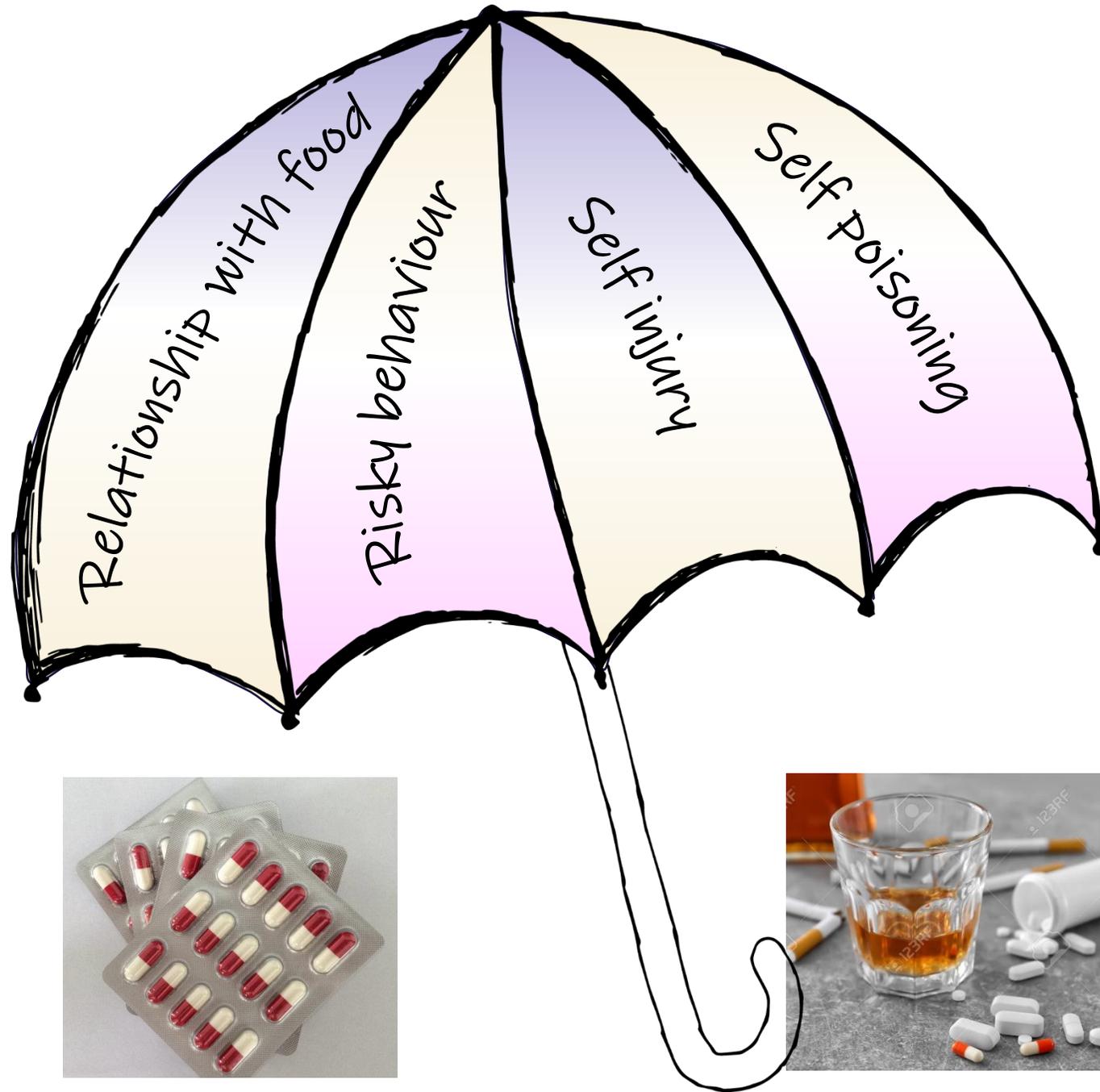


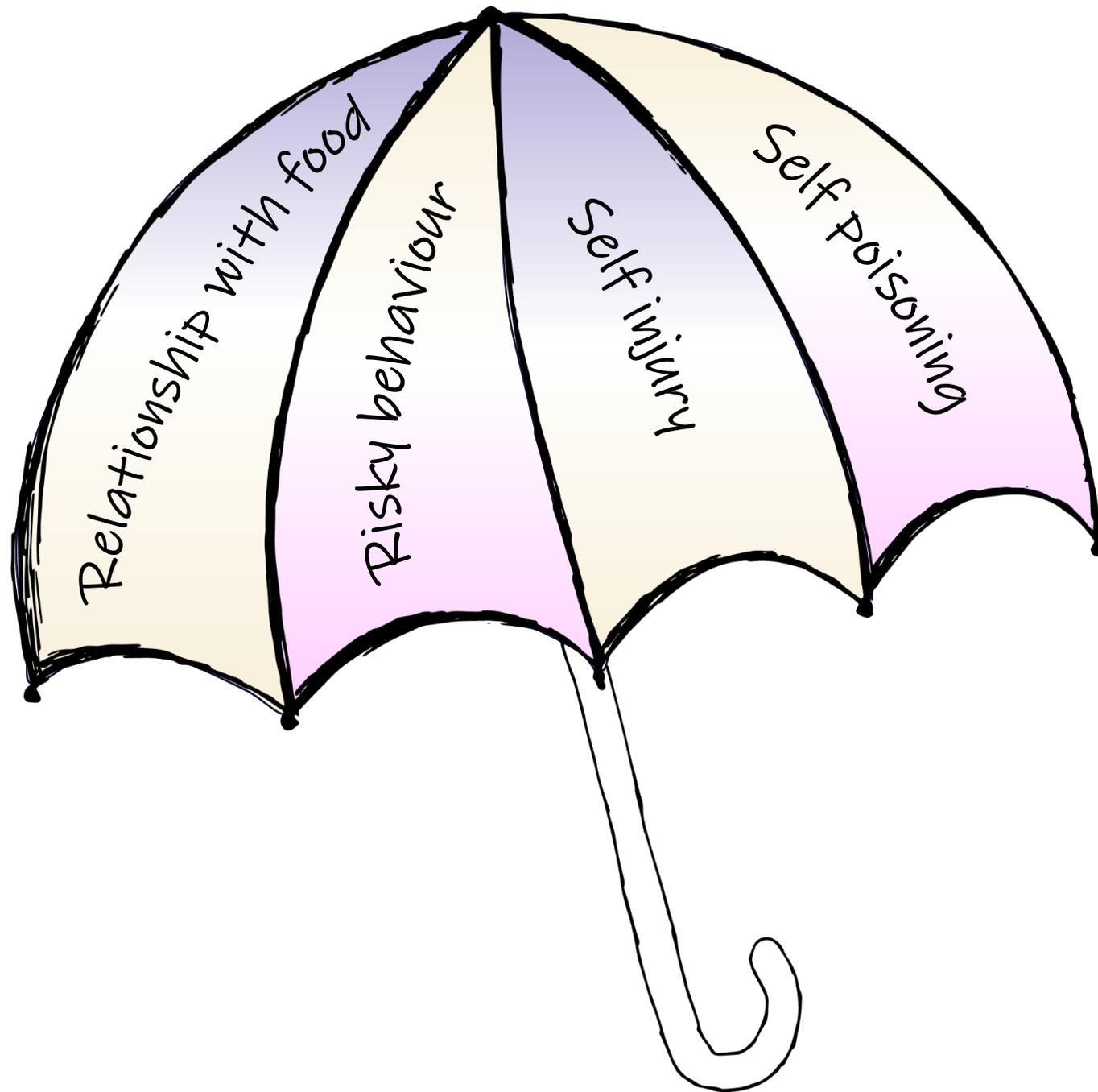












What was self-harm to you

- a young person's experience



Question:

But it's all really about attention ~~seeking, right?~~

NEEDING



Comfort

Music

Fun

Talking

Exercise

Distraction

Creative
expression

Friendship

Understanding

What if I say the wrong thing?

- Try not to react with horror or panic, even if that is what you feel inside. How you react will influence what the young person will feel comfortable to share with you in future.
- Do not worry that you will be putting ideas into people's heads, you won't, but you may be the person who allows them to talk about it.
- Respond to the young person's emotional state, not to the self-harm itself.
- Be clear and unambiguous, especially for those who may be on the Autism Spectrum (e.g. 'have you been thinking of hurting yourself/ending your life' rather than 'are you thinking of doing something stupid?').
- Speaking with kindness is never the wrong thing, it can be helpful to begin with an acknowledgement of how they might feel: 'I can see that you are really upset just now'; 'Things must be really tough for you at the moment'; or even 'Thank you for letting me know how difficult things are for you just now'.
- Remember that this is their way of coping, our aim is always to support healthier coping strategies rather than to take away control.

Chinese whispers

- a young person's experience



Strategies to help with anger or excess energy (Cathartic Strategies):

- Run around the
playground

- Hit cushions or pillows

- Shout and dance, have
a special song that
works for you

- Write down everything
you are thinking or
feeling

- Tear something up into
hundreds of pieces

- Tidy or rearrange your
room

Mindful Strategies:

- Get out into nature, spend time in a green space

- Put your feelings into a song, a poem or a piece of art

- Spend time with your pet, or seek out a friend who makes you feel good about yourself

- Practice breathing deeply, in for 3, out for 4, then lengthen the breaths with the outbreath longer than the inbreath

- Do some self-care, wash your hair, do your nails or give yourself a hand massage

- In turn go through your body from head to toes clenching and relaxing your muscles

Strategies to help with sensory overload

See

- Have a walk outside, or somewhere with trees or flowers
- Sit away from bright lights or sunlight
- Make a tent or hideaway to screen out distractions

Hear

- Try using headphones to screen out noise, or to play music to help with focus

Smell

- Try using a wrist band, tissue or similar with a few drops of oil or similar to block other smells

Touch

- Use a stress ball, fidget toy or blu-tack
- Use a blanket to wrap yourself tightly
- Massage or stroke hands or feet

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