

Self Harm

What is self harm?

Self-harm can take lots of physical forms, including cutting, burning, bruising, scratching, hair-pulling, poisoning and overdosing. There are many reasons why young people try to hurt themselves. Rather than being a cry for attention or an attempt at suicide, self-harm is usually a way for young people to release overwhelming emotions.

How to get help

Speak to any member of staff at school.

Other support

- Harmless - Email: info@harmless.org.uk
- Mind - call: 0300 123 3393 text: 86463
- nspcc.org.uk 0808 800 5000
- ChildLine 0800 1111 (24 hours)