



East Dunbartonshire Self-harm Awareness for Parents and Young People

Organisation	Service	Contact
Childline	Free and Confidential Help for Young People – available 24 hours a day.	0800 1111 www.childline.co.uk
YoungMinds	YoungMinds, offer information to children & young people, parents & carers about mental health and emotional wellbeing.	0808 802 5544 (Parents Helpline) Monday to Friday 9.30am-4pm parents@youngminds.org.uk www.edva.org
Head Meds	An offshoot website ran by YoungMinds which provides accessible and useful information about mental health medication.	www.headmeds.org.uk
Choose Life	East Dunbartonshire's Choose Life suicide prevention programme.	www.chooselife.net/Inyourarea/localactionplanseastdunbartonshire.aspx#localactionplan
Breathing Space	Breathing Space specifically, but not exclusively targets young men who are experiencing difficulties and unhappiness in their lives.	0800 83 85 87 info@breathingspacescotland.co.uk www.breathingspacescotland.co.uk
Samaritans The Step by Step response service	Samaritans offers resources to support schools in the event of a suicide – How to prepare and respond to suicide in schools.	(Free phone) 116 123 stepbystep@samaritans.org www.samaritans.org
LGBT	LGBT support lesbian, gay, bisexual and transgender young people. The website has a Live Chat that is monitored by trained youth workers.	0131 555 3940 Text: 07786 202 370 info@lgbtyouth.org.uk www.lgbtyouth.org.uk/young-people
LifeSIGNS	Self-Injury Guidance & Network Support is an online, user-led voluntary organisation, founded in 2002 to create understanding about self-injury.	07950705258 info@lifesigns.org.uk www.lifesigns.org.uk
Sandyford	Sandyford East Dunbartonshire offers a wide range of accessible reproductive, emotional and sexual health services that are supportive, non-judgemental and sensitive to your needs.	0141 355 2367 www.sandyford.org/where-to-find-us/sandyford-east-dunbartonshire.aspx Monday & Thursday 2:30pm-4:30pm
ParentLine Scotland	The national, confidential helpline provides advice and support to anyone caring for or concerned about a child. Open 24hrs.	0800 28 22 33 parentlinescotland@children1st.org.uk www.children1st.org.uk
NHS24	NHS24 provides comprehensive health information and self-care advice to the people of Scotland.	111 www.nhs24.com
Children and Young People's Specialist Services (C&YPSS)	Children and Young People's Specialist Services (C&YPSS) includes all specialist services in Community Child Health and Child and Adolescent Mental Health. These services cover NHS Greater Glasgow and Clyde.	CAMHs 0141 531 6106 0141 232 0418 www.nhsggc.org.uk

Organisation	Service	Contact
Psychological Services	Psychological Services can offer assessment, advice and support to parents and teachers where there is a concern about child development, learning or behaviour.	0141 955 2325 www.eastdunbarton.gov.uk
Selfharm.co.uk	A project setup by people who have been affected by self-harm. It provides a confidential online chat forum, downloadable resources and training.	www.selfharm.co.uk
The Site	Online 'guide to life' for 16-25 year olds. It provides non-judgmental support via moderated discussion boards, real-life stories and a rich database of articles.	0800 838587 www.thesite.co.uk
Harmless	A user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.	www.harmless.org.uk
Share Aware	A parent's resource to help keep their child safe online. Helpful tools and tips.	NSPCC 0800 800 5000 net-aware.org.uk
The Cybersmile Foundation	Support for young people bullied online, changing the behaviour of the bullies themselves and through education.	0207 241 6472 info@cybersmile.org www.cybersmile.org
Mindreel	Mindreel is an initiative to create a valuable learning resource using educational films that about mental health.	0141 559 5059 admin@mindreel.org.uk www.mindreel.org.uk

Support & Resources

Most young people who who seek support say that having someone to listen to them and help them to work on solutions to their problems and stresses is the most helpful thing of all.

Other formats

This document can be provided in large print, Braille or on CD and can be translated into other community languages. Please contact the Council's Communications Team at:

East Dunbartonshire Council, 12 Strathkelvin Place, Southbank, Kirkintilloch, G66 1TJ Tel: 0300 123 4510

本文件可按要求翻譯成中文，如有此需要，請電 0300 123 4510。

اس دستاویز کا اردو تراجم اسٹریٹ کولین میں دستیاب کیا جاسکتا ہے۔ براہ مہربانی فون نمبر 0300 123 4510 پر رابطہ کریں۔

ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਮੈਂਗਾ ਕਰਨ ਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਮਨੁੱਖਵਾਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਵਿਰਧ ਕਰਕੇ 0300 123 4510 ਫੋਨ ਕਰੋ।

Gabhaidh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòn gu 0300 123 4510

अनुप्राय करने पर यह दस्तावेज हिन्दी में भाषांतरित किया जा सकता है। कृपया 0300 123 4510 पर फोन कीजिए।

Self-harm can be really hard to understand but it's a lot more common than you think. It is estimated that 14% of Scottish 14-15 year olds have self-harmed, with girls four times more likely to self-harm than boys.

What is self-harm

Self-harm is a sign that something is wrong. Young people who choose to self-harm inflict pain on themselves as a way of coping with inner tension. There are a variety of ways young people self-harm. It can involve:

- Cutting
- Burning
- Scalding
- Banging or scratching one's own body
- Pulling out hair
- Picking skin excessively
- Self-trolling (Posting negative comments to themselves)
- Eating disorder
- Taking an overdose of tablets
- Taking drugs or excessive amounts of alcohol



Why young people self-harm

There are many reasons why young people self-harm. Self-harm is most commonly used to provide distraction or to escape negative emotions. Young people tell us it is often triggered by difficult life events such as:

- Anxiety
- Depression
- Exam Stress
- Gender/sexuality issues
- Bereavement
- Parental separation
- Relationship difficulties
- Bullying
- Lack of support

Having self-harmed young people talk about a feeling of 'release' and gaining some control of the issues that are concerning them.



Worried about a friend or others

There may not be any obvious signs that a young person is self-harming; as young people tend to be very secretive about self-harm. Warning signs may be one or more of the following:

- Spending more time in the bathroom
- Unexplained cuts, bruises, burns or other injuries
- Missing sharp objects, medication or plasters
- Wearing long sleeves at inappropriate times
- Previously self-harm
- Overly-cheerful following a period of low mood
- Social withdrawal – not joining in with activities or giving up hobbies or interests
- Noticeable changes in eating or sleeping patterns
- Alcohol or substance misuse
- Self-defeating language
- Failure to take care of personal appearance
- Running away from home
- Low mood/mood swings

Should I tell someone that I'm harming myself?

Yes, because this is often the first step to getting help. It isn't always easy to talk about self-harm and could be one of the most difficult things you do. Young people who self-harm usually feel very guilty and ashamed of what they do, and do not want to talk about it.

Young people have told us that the reaction they got when they first told someone about their self-harm was very important in deciding whether or not they looked for, and got further help.

While some young people have experienced negative attitudes when they have told someone, it is possible to get good support from people who understand self-harm, or who care about you and your feelings, and not just the behaviour itself. The stigma associated with self-harm is unhelpful, and stops people getting the support and information they need to find more helpful ways of coping.



Talking about Self-Harm

Ask the young person if they would like to talk and meet at a time and place to avoid being interrupted or distracted. If you have concerns, do not be afraid to ask directly about self-harm. Whilst difficult, this can often provide reassurance that you are open-minded about discussing these topics.

If a young person is at risk of self-harm, try asking them why they feel like this, and listen to what they say. It can be helpful to simply re-phrase their words or nod to show that you have heard and empathise and will do your best to support them in finding the right help. If the young person doesn't want to talk, then you could suggest that they write their thoughts and feelings down in a letter or email.

Positive Strategies

It is important to try to highlight any positives that arise from the conversation and focus on the young persons strengths. You could also suggest alternative coping strategies to self-harming behaviours such as:

- draw, paint, or sketch out thoughts and feelings
- listen to uplifting music
- write out thoughts or feelings in a journal
- carry a safe object i.e. a precious stone or stress ball to rub or squeeze when feeling anxious or low
- don't keep your feelings to yourself - reach out to someone you trust
- don't do anything right now - pledge not to do anything within the next 2-4 hours, re-evaluate your feelings once the time has elapsed
- regularly check in with a trusted adult at school
- write down a list of your strengths or talents - aim to spend more time on these so that attention can be gained for positive achievements
- wear an elastic band round your wrist and snap it
- draw on yourself with a red marker pen
- call or arrange to meet up with a friend in person
- take up a new hobby or interest
- create a bucket list with a close friend of positive things you want to do or achieve in the next year or before you finish high school
- get massage or give yourself a manicure
- spend time with people who love and value you
- write down negative feelings that you have towards yourself and then rip up the paper
- create a memory box which contains a list of the good things in your life, achievements and photographs of happy times - look through this when you are feeling down.