

# Helping someone who SELF-HARMS

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## Immediate response

**TALK** – It's important for them to reach out and talk about their feelings and behaviour

**DISTRACT**- Help them distract themselves with their listed strategies (eg. Ice cubes, rubber bands)

**RECOGNISE**- notice the triggers that may have led to the event.

**WRITE** – Journal thoughts and feelings.

**HELP** – contact/visit GP, other health professionals.

## How you might feel

Shocked

Angry

Helpless

Guilt

Sad

Denial

Overwhelmed

Disbelief

## Increase safety

- Build coping skills
- Limit drugs/alcohol
- Manage stress
- Take away blades
- Eat and sleep well
- Exercise
- Notice triggers
- Journal
- Breathing/relax
- Eat chilli
- Hold ice in hand
- Flick band on wrist

**Self-harm is when someone intentionally hurts themselves, most commonly by; burning, hitting, scratching, cutting, punching and hair pulling.**

## Things to discuss

Express concerns whilst actively listening, give them support and reassurance without making promises that collaboratively you will address the self-harming behaviours.

List supports with phone numbers

Make a safety plan

List strategies

## Things to think about

Self-harm is very common

When people don't express emotions they build up inside and often turn on themselves

Look for the signs

Never wait always approach them

Avoid ultimatums, they already feel guilty

Lots of reasons why people self-harm, mostly to cope with feelings

## How they might feel

# Guilt

# Shame

# Isolated

#Think people won't understand

# Worried about privacy

# Feel no one can help

#Emotionally distressed

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