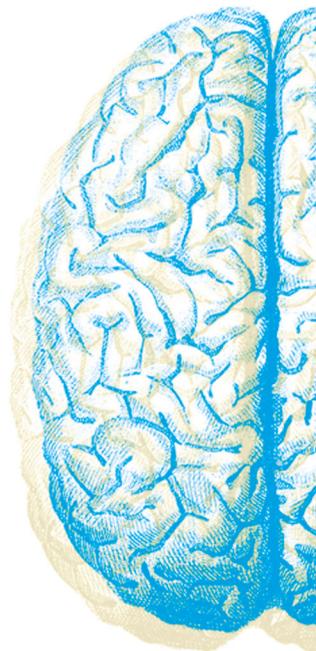
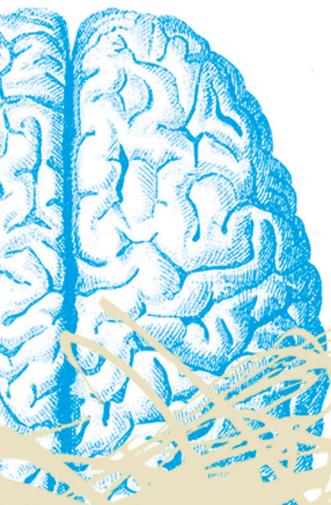




Self-Harm

A self help guide



#BreakTheSilence
@SurvivorsMcr

Self-Harm

A self help guide

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Introduction

This booklet is for people who deliberately harm themselves and are unhappy about it. It is also for family and friends who may have difficulty understanding this behaviour.

People who have experience of harming themselves have contributed to the writing of this booklet.

It offers self help advice. However, anyone who self-harms should also see their GP (Family Doctor).

"I need to feel something, to know that I exist. Burning myself allows me to be in control of my body. It sometimes seems as though it is the only way I can feel alive or in control of anything... it is something I carefully plan when things get bad..."

"Tension builds inside me and I get to the point when I feel I will explode. When I cut myself it all disappears, it seems like the badness goes out of me, my anger dissolves... for a while..."

"I hurt myself when I want to hurt others... it is better to hurt myself than them"

"It's a downward spiral... small cuts lead to bigger cuts"

These are the thoughts of people who have self-harmed. You may have had similar experiences yourself or you may have a friend or family member who self-harms. Although people rarely talk about self-harm, it is relatively common, little understood and very distressing.

This booklet aims to help you to begin to:

- Understand self-harm, what can cause it and keep it going.
- Explore ways of controlling self-harm.
- Discover other ways of getting help.

Understanding self-harm

What is self-harm?

Many people harm themselves in some way, by smoking, drinking, working too hard or exercising too much. But for some people this self-harm is more apparent and can be quite severe.

Self-harm is sometimes known as self-injury and is where someone harms their body without wanting to die. Many people who harm themselves also have suicidal thoughts. But most feel that there is a difference between suicidal acts and acts of self-harm. They may say “I didn’t want to die, I just needed to get rid of terrible feelings”.

Some people may harm themselves many times each day. It may involve a lot of ritual. Some people may feel addicted to the self-harm behaviour. Others may only harm themselves occasionally when under emotional stress.

Who self-harms?

People who self-harm may feel distressed a lot of the time. They may be stressed and very sensitive to rejection.

Self-harm is not determined by a person’s race, education, sexual preference or social group. Research has suggested that more women than men harm themselves (men may show their feelings in other ways). It tends to begin in adolescence and may decrease or disappear in the thirties. Some people who harm themselves have been sexually, emotionally or physically abused in their early life.

Why do people self-harm?

People often feel unable to explain their reasons for harming themselves. Research has allowed us to begin to understand what may be happening. You may recognise some of the following reasons. Tick any that apply to you.

To manage moods or feelings

- To escape from emptiness, depression, shame or unreality.
- To relieve pent up tensions, pressure or anger.
- To feel something – to know you still exist.
- To feel in control.
- To express or stop sexual feelings.
- To maintain the fear, anxiety or other intense feelings you may have become used to if you have been abused.

To fit in with beliefs or thoughts

- To punish yourself because you feel you are 'bad'.
- To maintain negative belief "I'm flawed, worthless, weird".
- To escape from feelings of guilt.

To communicate

- To let people know how bad things are.
- To make your body show your pain.
- To express anger towards others and yourself, but on your own body.
- To obtain and maintain a response from others that you feel you wouldn't otherwise get.
- To punish others via your own body.
- To get people to listen to you.

Many people who self-harm regard their behaviour as a way of surviving. It may be a means of coping with unbearable emotional pain. Their reasons for self-harm tend to be complex and may include many of those listed above. Sadly some people do kill themselves whilst self-harming. This is most common in those who take overdoses of tablets or medicines.

**Misusing medicines or tablets can be very dangerous.
Even small 'overdoses' can kill.**

In what ways do people self-harm?

People who self-harm may cut or burn themselves. They may pull out their hair, punch themselves, bite themselves, poison themselves, pluck at or scratch their skin. They may generally put themselves at risk. There are endless different ways of self-harming. It may be dramatic, hidden, or ritualistic. It may be permanently mutilating, and may seriously disfigure their body before they are able to gain control of it.

How do other people react?

Carers, friends, relatives or workers may react to self-harm in various ways. Some responses may be helpful, others less so.

Typical reactions include:

Feelings of others:	
<ul style="list-style-type: none">● Fear● Anger● Disgust● Panic● Worry● Distress● Guilt● Helplessness	<ul style="list-style-type: none">● Detachment/coldness/dislike● Confusion● Concern● Not caring● Feeling criticised● Feeling attacked● Feeling useless
Actions of others:	
<ul style="list-style-type: none">● Setting rules and restrictions● Taking people to hospital● Being extra sensitive● Withdrawing● Talking too much about it● Looking for experts● Threatening to withdraw or leave	<ul style="list-style-type: none">● Stepping in to “solve” the problem● Punishing● Offering more support● Not talking about it● Stepping up observation● Being over-intrusive● Challenging you to self-harm “go ahead then, cut yourself”

Later on we will offer advice on how friends, family and workers can offer a more helpful response.

Why do people want to stop self-harming?

Many people who self-harm want to stop. These are some of the reasons that they give.

- “It hurts sometimes”.
- “When my wounds become infected they are really painful”.
- “Trying to escape things by giving yourself scars only reminds you of the things you are trying to escape”.
- “Every time you see where you self-harmed it reminds you of when you did it and makes you down again”.
- “People treat you funny if you have the scars”.
- “It upsets the people you are close to...”.
- “I can’t wear short sleeved t-shirts in the summer”.
- “I can’t go on holiday to hot countries...”
- “I’m thinking about the future and what my children would think of the scars...”

If you self-harm you may have your own reasons to stop.

You may find it helpful to write them down.

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How can I control my self-harm?

Ask yourself the following questions.

- **Do I need to change my life circumstances?**

If you are living in a situation that is emotionally or physically unsafe it will be difficult for you to stop self-harming. If you are in a violent or abusive atmosphere ask yourself why you are staying. Try to plan how you might change your situation. It may help to talk this over with someone else such as a friend, your GP, healthcare professional or a counsellor.

- **What leads me to self-harm?**

Keep a diary of your self-harm to help you understand it better. It may look something like this.

Day	What was happening?	What I thought	How I felt	What I did
Monday	John 'put me down' again when we were out with his mates	"I'm just rubbish"	Empty, gutted, afraid	Waited until we got home then 'cut' myself in the bathroom

People often find there is a clear pattern of events that leads them to harm themselves. If you know this you can begin to try and change. Think back to the last time you self-harmed and fill in the diary below.

Day	What was happening?	What I thought	How I felt	What I did

Try and keep a regular diary like this. This can be difficult and painful – it may be hard to capture your thoughts. But once you have discovered the pattern to your self-harm you can begin to try out methods to alter that pattern. Many people find that they self-harm following conflict or pain in a relationship.

Ways to stop harming yourself

This is a crisis list. These are immediate short-term solutions. Please tick those that you feel you might try...

- Try to delay the act in any way you can. Go for a run, clean the house, go to the shops.
- Find some company. Most people self-harm when alone so go to a public place, be with a good friend or a safe family member. This may prevent you from harming yourself.
- Distract yourself. Flick through a magazine, try the crossword, tidy up.

- ❑ Try the 10-minute delay tactic. Say to yourself that you will wait 10 minutes to self-harm. When the time is up, think again. Can you wait another 10 minutes?
- ❑ Do something for yourself. Eat something nice, pamper yourself, buy yourself something.
- ❑ Do something for someone else such as your friend, child or partner.
- ❑ Try relaxation and breathing exercises. Sit back comfortably in a chair or lie out on a bed. Relax all muscles in your body, beginning at the feet and working upwards. Concentrate on your breathing: breathe in for 5 seconds through your nose, hold your breath for 5 seconds, then breathe out slowly. Repeat this.
- ❑ Use other strong sensations to help distract you. Try loud music, a cold shower, a fast run, squeeze something very hard, smell strong perfume, eat hot chillies.
- ❑ Exercise. Jog, run, swim, cycle, dance, run up and down stairs.
- ❑ Call a friend or someone you trust.
- ❑ Plan something. A holiday, a night out, to do some voluntary work, to take up some study, or join a club.
- ❑ Try to keep away from things you may use to harm yourself.
- ❑ Shout out loud “No” or “Stop”. This helps some people to delay the self-harm.
- ❑ Try to be clear about what you are feeling – is the emotion you are feeling: fear, shame or guilt, anxiety, anger, rage, sadness or depression? Try and observe, label and accept the emotion. Ask yourself why **you** are feeling it. Remember that you are not your emotion – you don’t have to act on it.

If you feel you must hurt yourself

- Try less destructive ways of doing it. For example, pinching yourself instead of cutting, or holding an ice-cube in your hand.
- Do not share razors or implements with other people because of the risk of HIV and hepatitis. Use clean implements.
- If you are cutting yourself think of the scarring that will be left in the future. Avoid deep cuts.
- Try not to feel too angry with yourself for having done it. Try to make some longer term plans (see below) to avoid doing it in the future. Recognise that it is a difficult pattern to break.
- Learn to clean and dress cuts to avoid infection.
- Remember that if you overdose you are no longer in control of what happens. Even small overdoses can kill.

Some people feel they need to keep using self-harm until they have progressed with other issues.

What longer-term solutions are there?

- Do I really want to stop harming myself? Use this to list the pros and cons of self-harming, the good things and the bad. Make sure to list all the negatives – the scars, the waste of time and energy, the risk of permanent injury and even death, etc. (look back at the reasons other people have given).

Reasons to continue self-harming	Reasons to stop self-harming
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Can I improve the way I communicate?

If you feel that self-harm is a way that you communicate emotional pain, then it may be helpful to work on communicating in other ways.

The following are important questions to ask yourself:

- What do I feel like when I harm myself?
- Have I ever tried to express in words how bad I feel?
- If not, could I think of words to describe what I feel like?
- Could I share this with anyone? (A friend, family member, therapist)
- Might it help to write it down first of all?
- What do I fear might be the response of those people to what I have to say?

Try to learn to describe how you feel. Try to learn to say no when you would like to. Courses and books on learning to be assertive are widely available. Try assertiveness training. Ask a friend to go with you if your confidence is very low.

Do I blame myself for everything?

Many people who harm themselves have experienced some physical, sexual or emotional abuse in their past. Unfortunately they often feel they must take the blame for what has happened to them even if they were very young when this abuse occurred. It can help to reconsider this self-blame. Try this approach. Imagine a friend told you a story almost identical to your own – would you blame him or her because someone else abused them? If not, then why do you continue to blame yourself for what happened to you?

Am I looking after myself?

Take good care of yourself; allow yourself relaxation, pleasures, time for yourself, luxury. Don't allow yourself to feel guilty about this. It is what you need and deserve.

Are there issues from my childhood that I need to understand? If there are, try and talk them over with someone. Find a therapist who may be able to help you review this area of your life. Ask your GP or healthcare professional about this.

How can I cope with overwhelming feelings?

Try self-calming techniques. Try relaxation of the body (see the booklet in this series about managing anxiety). Or ask your GP or healthcare professional about medication. Use the senses to calm yourself.

Touch

Massage yourself, especially your face and shoulders. Touch some soft fabric, such as silk or velvet. Concentrate on the feelings and learn to enjoy them.

Hearing

Listen to some soothing music. Concentrate on the sounds around you. Learn to enjoy sounds.

Vision

Look at a beautiful picture, film or object. Concentrate on it and try to enjoy the pleasure of it.

Smell

Try perfume, flower scent, or the smell of coffee. Spend some time concentrating on this.

Taste

Taste and slowly appreciate something you really enjoy.

Use your imagination

Picture pleasant scenes and feelings. Give yourself time and space to try out these things.

How can I replace some of the unhelpful things I've used for coping?

Make a list of things you might enjoy and build these into your day. Here are some examples:

- Listening to music.
- Looking round the shops.
- Eating chocolate.
- Going to see a film or renting a video.
- Watching sport.
- Going out on a trip.
- Reading a good book.
- Doing nothing.
- Reading the paper in peace.
- Going out with friends.
- Doing some sport.

Make sure there are some good things happening each day and each week. Plan ahead. Build these moments into your life.

What about my relationships?

Look at the relationships you have. Nurture the good ones and end those that might be destructive. If similar destructive relationships are happening to you again and again then try to think what goes wrong. Talk it over with someone. Try to think how you can break the cycle.

What about self-help?

There are addresses at the back of this booklet for contacts for self-help groups and organisations. The Internet can also be a good source of advice but some websites may be distressing. Some good websites are also listed at the back of this booklet.

How can I help a friend or family member who self-harms?

It may help to:

- **Recognise** how distressed the person is **even if they don't seem to be**. Encourage their attempts to control self-harm and don't despair or become angry if they fail to control it.
- Keep an **accepting** attitude towards it. Try to discuss it and try to help him or her to think of ways to control it.
- Get **medical help** if the injuries are serious.
- Discuss with them the idea of seeing a **therapist**. The GP or healthcare professional is a good first port of call for this.
- **Be there** for them.
- Encourage the person to stay in **company**, where they will be less likely to harm themselves.
- Seek **support** yourself if the problem continues.
- Offer **practical help** (e.g. look after children, go shopping with the person etc).
- Give them **time** and talk on their terms.

Where can I get further help?

We hope the information in this booklet will be helpful to you in beginning to understand self-harm.

It is important to manage the anxiety and depression that people who self-harm often experience. Discuss this with your GP or healthcare professional, who may offer medication and advice. Remember that there are other booklets in this series that give advice on coping with anxiety, panic and depression.

It may be helpful for you to seek further support. Your GP or healthcare professional may be the best person to talk to first. They may suggest you see a therapist. This could be a trained psychotherapist, clinical psychologist, nurse therapist or psychiatrist.

There are other sources of support available to those people who harm themselves (some useful websites are included):

The internet can be a source of help but please use with caution as some of the content may be distressing.

Useful Organisations

- National Self-Harm Network

www.nshn.co.uk

Helpline: 0800 622 6000

PO Box 7624, Nottingham, NG1 6WJ

An organisation campaigning for the rights of people who self-harm and an understanding of self-harm among all age groups.

- British Association for Counselling and Psychotherapy

Tel: 01455 883 316

www.bacp.co.uk

BACP House, 15 St John's Business Park, Lutterworth, Leicestershire, LE17 4HB

Information and advice about counselling and psychotherapy.

- Healthwatch

www.healthwatch.co.uk

Healthwatch England is the independent consumer champion for health and social care in England. Working with a network of 152 local Healthwatch, we ensure that the voices of consumers and those who use services reach the ears of the decision makers.

- Mental Health Matters

Tel: 0191 516 3500

www.mentalhealthmatters.com

Avalon House, St Catherines Court, Sunderland Enterprise Park, Sunderland, SR5 3XJ

A national organisation which provides support and information on employment, housing, community support and psychological services.

- Mind Infoline

Tel: 0300 123 3393, Mon - Fri, 9am - 6pm

www.mind.org.uk

15 -19 Broadway, Stratford, London, E15 4BQ

Provides information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy. Also provides details of help and support for people in their own area.

- National Debt Line

Tel: 0808 808 4000

www.nationaldebtline.co.uk

Tricorn House, 51-53 Hagley Road, Edgbaston, Birmingham, B16 8TP

Help for anyone in debt or concerned they may fall into debt.

- NHS Choices – Your health – your choices

www.nhs.uk

Information about conditions, treatments, local services and healthy lives.

- Rethink

Helpline: 0300 500 0927

www.rethink.org

89 Albert Embankment, London, SE1 7TP

Provides information and a helpline for anyone affected by mental health problems.

- Survivors UK

Tel: 0203 598 3898

www.survivorsuk.org

Email: info@survivorsuk.org

Survivors UK provide information, support and counselling for men who have been raped or sexually abused and living in London.

- Samaritans

Tel: 0845 790 9090

www.samaritans.org

Freepost RSRB-KKBY-CYJK, Chris, PO BOX, 9090, Stirling, FK8 2SA

Provides confidential support for anyone in a crisis.

- The Mental Health Foundation

Tel: 020 7803 1100

www.mentalhealth.org.uk

London Office, Colechurch House, 1 London Bridge Walk, London, SE1 2SX

Provides mental health related resources, information and campaigns but does not run a helpline.

- Mankind

Tel: 01273 911 680

www.mankindcounselling.org.uk

Email: admin@mankindcounselling.org.uk

Mankind support men who have been raped or sexually abused at any point in their life, who are living in Sussex.

- Safeline

Tel: 0808 800 5005

www.safeline.org.uk/what-we-do/men

Email: support@safeline.org.uk

Safeline team of specialist staff have had training in working with men and boys who have been raped or sexually abused and offer a range of support, from online help, telephone, individual counselling, groups, and ISVA.

Useful books

- **The scarred soul: understanding and ending self-inflicted violence**
Tracy Alderman
New Harbinger 1997
Written for the victims of this addiction, and for mental health professionals, The Scarred Soul explores the reasons behind this behaviour and shows how to overcome the psychological traps that lead to self-destructive acts.
- **For friends and family: a guide for supporters or women and girls who self-injure**
Lois Arnold, Bristol Crisis Service for Women 1998
The aim of this booklet is to help those who want to understand and support a woman or young person who struggles with self-injury.
www.selfinjurysupport.org.uk/publications-about-self-injury
- **Overcoming low self-esteem: a self-help guide using cognitive behavioural techniques (2nd edition)**
Melanie Fennell
Constable and Robinson 2009
This is a guide which is full of real-life examples, intended for people who suffer from low self-esteem and for those who help them.
- **Women who hurt themselves (10th edition)**
D. Miller
Basic Books 2005
A book that provides help for the thousands of women who secretly inflict violence on themselves.
- **Self-injury support and self help groups**
Karin Parker and Hilary Lindsay
Bristol Crisis Service for Women 1998
This booklet is for anyone interested in setting up or being involved in a self-help group.
www.selfinjurysupport.org.uk/publications-about-self-injury

- **Healing the hurt within: understand self-injury and self-harm and heal the emotional wounds (3rd revised edition)**

J Sutton

How to Books Ltd. 2007

Offers solace, hope, and direction to those who self-injure; guidance to family and friends supporting a loved one who self-injures; and guidelines to professionals and voluntary caregivers on how to respond to clients that self-injure.

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