

## MR. SELF HARM



## Bex Mezzo – County Special Needs Adviser Report,

May 2014 – Theme Self Harm.

### What is self-harm?

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, old memories, or overwhelming situations and experiences. The ways you hurt yourself can be physical, such as cutting yourself. They can also be less obvious, such as putting yourself in risky situations, or not looking after your own physical or emotional needs.

### Ways of self-harming can include:

- cutting yourself
- poisoning yourself
- over-eating or under-eating
- burning your skin
- inserting objects into your body
- hitting yourself or walls
- overdosing
- exercising excessively
- scratching and hair pulling.

After self-harming, you might feel better and more able to cope for a while. However, self-harm can bring up very difficult feelings and could make you feel worse. If you self-harm, you may feel embarrassed or ashamed about it. You might be worried that other people will judge you or pressurise you to stop if you tell them about it. This may mean that you keep your self harming a secret. This is a very common reaction, although not everyone does this.

### Why do people harm themselves?

There are no fixed rules about why people self-harm. For some people, it can be linked to specific experiences, and be a way of dealing with something that is happening now, or that happened in the past. For others, it is less clear. If you don't understand the reasons for your self harm, it's important to remind yourself that this is OK, and you don't need to know this in order to ask for help.

(source <http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>)

There was a Self Harm Workshop held on Wednesday 7 May for all leaders over 18. This was delivered by Sarah Gibson, County Self Harm Nurse from the CAMHS. It is intended that there will be another workshop either later in the year or early next year. Thank you to those of you that came I'm sure that it will help you in your guiding to support girls and young women who may be self harming.

I've already got 4 booked for the next workshop without knowing the date so if you are interested then please let me know and any preference of day of the week too

### Support and Helpful Websites:

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

<http://elefriends.org.uk/>

[http://www.youngminds.org.uk/for children young people/whats worrying you/self-harm/self harm help](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/self-harm/self_harm_help)

<http://www.harmless.org.uk/>

Please make sure that this report is available to all members within units. If there is something that can help you, a member of your unit be it a girl or adult member just give me a call, email me, text me. I'm here to help –

Kind regards

Bex Mezzo – County Special Needs Adviser.

See County Directory for contact details