



Mental Health Information Station Help for Self Harm

What can be classified as self-harm?

The bottom line is that anything that causes you harm – even slight harm – which in some small way makes you feel better emotionally, can fall under the umbrella of self-harm. This can include physical wounds, alcohol and drug use, risk-taking and restricting your food intake.

The important thing isn't to focus too much on the labelling, but to recognise when help is needed and find some support as soon as possible.

You may not be ready to talk about why you do what you do but understanding the source of the things you do is one of the roads to recovery. Don't be afraid to ask for support. If you want to support someone who self harms, it's more important to focus on how they are feeling rather than what they do to themselves. Quite often, people find that more helpful.

Edinburgh Service, Edinburgh Self-harm Project by Penumbra taking self-referrals for 1:1 support
<https://ithriveedinburgh.org.uk/services/edinburgh-self-harm-project-penumbra/>

If there isn't anyone around when you need it, the following organisations offer advice and in some cases helplines or chatlines:

Crisis resources for under 35s

SelfHarm UK (www.selfharm.co.uk/) is dedicated to recovery and offers free online self-harm support to 14-19 year-olds.

Anna Freud Centre (<https://www.annafreud.org/>) offers support to a wider age range (10-25 years) and a Shout for Help crisis line – txt AFC to 85258

Papyrus offers a confidential support and advice service for anyone under the age of 35 who might be experiencing thoughts of suicide, or concerned loved ones, by telephone or by email. Note that this is not a 24 hour service and their website has further details (www.papyrus-uk.org/)

A range of grounding and insight resources for people of all ages, including:

www.selfinjurysupport.org.uk/Pages/Category/self-help-resources

www.facebook.com/sisupportorguk/

www.papyrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf

Apps for your smartphone - anytime, anywhere

Calm Harm – helps to manage urges with time count-down methods

Virtual Hope Box - Distraction puzzles, relaxation, guided meditation, breathing, coping cards

Toxic thinking - Access to thought reframing

What's up app mental health - CBT skills

DBT 112 - DBT skills – including distress tolerance

MEDTepDBT - Crisis planning, Urges Information, information skills recording

These self-help websites are useful and shared in good faith that the evidence-based advice will improve your mental health. Some do have adverts that we in NHS cannot endorse as we have not researched the links in detail. As with any therapeutic advice that changes mental health, new feelings can come up in the process. Please take individual responsibility for any changes you may feel. Often these effects on working on ourselves are temporary but get some help by speaking to someone neutral if you continue to struggle.

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