

Self Injury/Harm Awareness Day assembly

TASK AS YOU ENTER – can you match up the statistics with the correct statement?

1 in 4

The amount of people that are affected by self harm in the UK.

1 in 8

The amount of 14-16 year olds affected by self harm in the UK.

1 in 10

The amount of people that will experience a mental health problem at some point in the UK.

1 in 12

The amount of people that will be diagnosed with a psychotic disorder at some point in the UK.

1 in 130

The amount of people in the UK who have a mental health problem who are currently receiving treatment.



March 1st
**SELF INJURY
AWARENESS
DAY**

judge **less**, understand **more**.

What is self harm?

- “Self-harm is when you hurt yourself on purpose. You usually do it because something else feels wrong. It seems like the only way to let those feelings out.” *YoungMinds*
- Self-harm can take many forms, but some examples are: cutting, scratching, biting, banging parts of the body, breaking bones, restricting airflow, embedding objects in the skin or overdosing.
- There are a lot of myths and judgements made about self-harm, so let’s debunk some myths together.

“Self-harm is just about attention seeking and is silly.”

If this is the only way that someone can show their emotional distress, then it should be taken seriously and they should be helped to find other coping mechanisms.

“People who self-harm want to end their life.”

Research suggests that people who self harm are at a higher risk of suicide. However, self-harm is often a way of coping rather than an exit plan.

“People who self-harm are selfish.”

Self-harm is often secretive and the person often feels a lot of shame and it is not done to attract attention but rather as a coping strategy.

Why do people self-harm?

- There are no fixed rules as to why people self-harm, for some it may be linked to personal experience and is a way of dealing with something that is happening now or in the past.
- A group of young people that *YoungMinds* spoke to described self-harm as a way to:
 - Shift emotional pain into physical pain
 - Escape traumatic memories
 - Express something that is hard to put into words
 - Reduce overwhelming emotional feelings / thoughts
 - Communicate to others that you are experiencing severe distress
 - To stop feeling numb
- Often self-harming brings only temporary relief. It can be upsetting when you think that self-harm is the only way you can cope, but there are other healthy ways you can cope.
- Sometimes it feels like no-one understands why you self-harm but lots more people today know about what the condition really means.
- We are now going to watch a video to learn some positive ways to cope.



- <https://www.youtube.com/watch?v=kT5cr-HTTEQ>

What is the point in Self Injury/Harm Awareness Day?

- My hope for Self Injury/Harm Awareness Day is that:
 - 1) If you had preconceptions about self-harm or you didn't understand why some people self-harmed, I hope Self Injury/Harm Awareness Day will make you less judgmental and more understanding.
 - 2) If you do or have struggled with self-harm I hope you will reach out for help.
 - 3) If you do or have struggled with self-harm I hope you will learn some new coping strategies to deal with distressing emotions.



Where can you find help or point others in the direction of help?

- 1) Talk to someone you trust – a friend, a parent or carer, a teacher, your head of house, a youth worker or your GP.
- 2) YoungMinds crisis messenger. If you need urgent help text YM to 85258 which provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.
- 3) Childline have lots of resources including a free phone helpline where you can confidentially call, email, or chat online about any problem big or small. Freephone 24h helpline: 0800 1111
- 4) calmharm.co.uk - a free app providing support and strategies to help you resist or manage the urge to self-harm
- 5) themix.org.uk - you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.