

If it is hard to stop...

Self-harm can be really hard to stop. It may take time and there are likely to be ups and downs along the way.

If you can't stop the urge to hurt yourself, then it's best to get help from someone you can trust. This means finding someone who you can talk to about your problems and who can give you practical help.

Getting help doesn't mean that you are crazy— **it means you are smart enough to know when you could use some extra support.** It is very helpful in understanding your emotions and finding healthier ways to deal with them.

“Character can not be developed in ease and quiet. Only through experience and trial and suffering can the soul be strengthened, ambition inspired and success achieved.”

Helen Keller

Resources

Who can you call 24-7?

SOS Crisis Line: 780-743-4357 (HELP)

You could talk to

An adult you trust, counsellor, teacher, coach, family doctor, religious leader

Or Chat with a Counsellor

www.someothersolutions.ca

And check out these websites

<http://sioutreach.org>

www.headspace.org.au

<http://www.selfinjury.bctr.cornell.edu/>

www.selfharm.co.uk

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



REGIONAL MUNICIPALITY
OF WOOD BUFFALO



Alberta Health
Services



United Way
Fort McMurray
and Wood Buffalo

Healing from Self-Harm

Finding understanding and hope in
the journey to recovery



SOME OTHER SOLUTIONS

SOCIETY FOR CRISIS PREVENTION

What can cause young people to harm

Young people may start to self-harm as a way of dealing with the problems and pressures of everyday life or intense emotional pain.

Pressure can come from family, school and peer groups to conform or to perform well (e.g. getting good exam results). Intense emotional pain can come from:

- ◆ Bullying or discrimination
- ◆ Unhealthy coping strategies
- ◆ Grief and loss
- ◆ Physical or sexual abuse
- ◆ Individual challenges
- ◆ Difficult and stressful situations
- ◆ Trama
- ◆ Mental Illness

You are one of a kind and
have something great to
offer



What is self-harm

Self-harm is when someone **intentionally harm themselves** without any conscious suicidal intent. It is a deliberate act that causes physical harm on the body, in an attempt to relieve emotional pain. Self-harm is **a way of coping** with problems and emotional distress through an unhealthy coping mechanism.

Those more at risk are females, adolescents, LGBTQ community especially bisexual individuals, youth and children with traumatic backgrounds such as sexual abuse and domestic violence.

Self-harm does have links to depression, anxiety and suicide ideation/suicide risk. It **should be treated with great concern** and not dismissed as a phase or something that will pass.

Media and self-harm

We love shows and movies because we identify with the characters and the struggles that they are facing. But al to often these characters do not model healthy coping strategies as they are human— and that is exactly why we identify with them. That is why it is important to first consider whether it is a healthy or unhealthy coping strategies that they are modeling, before trying it out for yourself.

Some websites are not created with supporting you in mind . **So be aware!** Rather visit websites that are positive, supportive and uplifting. You can find some of those support websites in the resources section.

Try other things!

When you feel anxious or upset, doing something you enjoy or trying to think about other things can be a way to help you stop hurting yourself.

You could try:

- ◆ Phoning a friend
- ◆ Writing your feelings in a diary
- ◆ Listening to music, drawing or reading
- ◆ Getting exercise
- ◆ Counting down slowly from 10 to 0
- ◆ Breathing slowly, in through the nose and out through the mouth

If you still want to hurt yourself try:

- ◆ Using a pillow as a punching bag
- ◆ Rubbing ice on the part of your body you feel like injuring
- ◆ Using a marker or lipstick to mark your body instead of cutting
- ◆ Putting a rubber band around your wrist and flicking it

