

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.

You can also talk to a mental health therapist, counsellor or therapist. Getting counselling 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.

If you are having a difficult time finding someone to talk too in this moment, you can call the Some Other Solutions Crisis Line or Kids Help Phone. These are toll free and confidential lines and are staffed with trained individuals to help and support you.

Some Other Solutions Crisis Line

780 743 HELP (4357)

OR

1 800 565 3801

Resources

Who can you call 24-7?

Kids Help Phone: 1-800-668-6868
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.kidshelpphone.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
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What you need to know about SELF HARM



SOME OTHER
SOLUTIONS
SOCIETY FOR CRISIS PREVENTION

What can cause young people to harm themselves?

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
- ◆ Grief and loss
- ◆ Physical or sexual abuse
- ◆ Mental Illness

Self-harm is not suicide, but it may become suicide



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.

Methods could include (but is not limited to):

- ◆ Cutting
- ◆ Scratching
- ◆ Burning
- ◆ Hitting, biting or bruising
- ◆ Abusing medication
- ◆ Ingesting hazardous material or substances
- ◆ Bone breaking
- ◆ Intentionally preventing wounds from healing

Females adopt cutting most often, while males are more likely to burn or hit themselves

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

