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What Is Self-Harm?

Self-Harm is the deliberate act of harming one's own body to cope with emotional pain or overwhelming distress. It is usually not intended as a suicide attempt, but as a way of managing difficult emotions.

How Self-Harm May Present

EMOTIONALLY

- Intense emotional pain
- Changes in mood
- Feeling overwhelmed
- Wanting to escape difficult emotions

BEHAVIOURALLY

- Difficulty controlling impulses
- Self-harming to cope with distress
- Withdrawing from others
- Wanting to regain a sense of control



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What Can You Do?

For Yourself

Seek support
Talk to someone you trust or seek professional support to help you navigate difficult emotions.

Build healthy coping skills
Explore safer ways to manage emotional distress.

For Others

Encourage professional support
Suggest seeking professional help and offer to accompany them if needed.

Respond with compassion
Listen without judgement and acknowledge their feelings.

Connect with us!
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