

Understanding Self-Harm for Teens and Parents

What is Self-Harm?

Self-harm refers to the act of deliberately hurting oneself as a way to cope with difficult emotions, stress, or trauma. It is often a sign of emotional distress and not a suicide attempt, though it requires understanding and support.

Why Do Teens Self-Harm?

- To express feelings they find hard to put into words
- To relieve overwhelming emotions or numbness
- To regain a sense of control
- As a response to trauma, bullying, or mental health struggles

How Can Parents Help?

- Stay calm and listen without judgment
- Encourage open communication and express your support
- Seek professional help from counselors or mental health services
- Learn about self-harm to better understand your teen's experience

Where to Get Help in the North of England

- **Battle Scars:** A survivor-led charity offering support in Leeds and England-wide phone and online support
- **NHS Mental Health Services:** Local NHS services provide assessment and treatment
- **Samaritans:** 24/7 confidential support by phone (116 123) or email
- **Shout Crisis Text Line:** Text "SHOUT" to 85258 for immediate support
- **Self Injury Support UK:** Online peer support and resources

Helpful YouTube Videos

- "Navigating Teen Self-Harm: Steps Parents Can Take Today" by Sullivan + Associates Clinical Psychology
- Videos from Childline on coping with self-harm
- YoungMinds YouTube channel for mental health support

Remember

Self-harm is a complex issue that requires compassion, patience, and professional guidance. If you or someone you know is struggling, reaching out for help is a vital first step.