



Alternatives to Self Harm

- 1) Delay urges, use a glow stick, timer, see if you can delay the urge 10mins
- 2) Kick or punch a cushion or pillow
- 3) Rubber bands over wrist and twang them
- 4) Pinch skin instead of cutting
- 5) Exercise
- 6) Draw on the body, red pen or paint
- 7) Slam doors, scream or sing to music
- 8) Squeeze ice for a short time
- 9) Carry safe things to squeeze
- 10) Phone support lines, phone friends, talk to someone

Don't struggle alone. Tell Mrs Farrer (School Counsellor) or any member of staff that you feel comfortable talking to or using the concerns form on the school website

Self Harm Helplines:

National Self Harm Network
0800 622 6000 Thu - Sat
6.10pm - 10.30pm
www.nshn.co.uk

Harmless - www.harmless.org.uk

Selfharm.co.uk



Other helplines:

www.sane.org.uk 0845 767 8000 – 6pm to 11pm every day.

www.youngminds.org.uk –Parents helpline – 08088025544

www.childline.org.uk 0800 1111

www.samaritans.org 0845 790 9090

