I need to tell you...

You will have your own emotions to deal with after you've read this. Give yourself time to process them.

If you wish to encourage more discussion with the person who gave you this leaflet try to remain calm, honest and supportive.

We are a U.K. based charity but all attempts are made to provide information that can be useful worldwide.

Our closed Facebook group is for anyone, anywhere who needs support.

If you need more information please visit our website

www.battle-scars-self-harm.org.uk

Thank you very much for reading this
I need to tell you that I self-harm.

To the person handing this out: tick what applies to you:
- I self-harm to cope.
- I do not feel in control and that makes feel uncomfortable, trapped and frustrated.
- I do not self-harm to get attention.
- I do not self-harm to hurt or upset you.
- It helps me calm down. I use it to push my emotions aside when they’re too hard to deal with.
- It doesn’t mean I am suicidal.
- I do not know a better way to cope.
- I would rather not use it and I am trying to manage it.
- I don’t use it all the time or as often as I want / need to. I do try to fight the urges but it can be extremely hard.

My other thoughts:

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“Self harm puts me back in control”

Dos and don’ts:
- It’s OK to not know what to say, just listen.
- Accept the fact that I self-harm.
- Don’t judge me, I feel bad enough already.
- Don’t overreact. I need you to remain calm.

Facts about self-harm:

Many more people use this coping method than you might think. Self-harm does not discriminate, anybody can pick it up of any age, background, gender etc.

There are numerous methods of self-harm. It isn’t only cutting. Overdosing, eating disorders and compulsive negative thinking are all self-harm.

Self-harm is addictive but unlike substance addiction its hold is almost completely psychological. It becomes a way of life and it’s very hard to break this addiction because it requires major re-wiring of the brain.

People with Personality Disorders often self-harm. It’s because they see the world as if through different colour tinted glasses and it’s much scarier to them. They lack ways to deal with life and resort to self-harm to manage.

“It relaxes me and chases away the voices”

Some people hear voices when stressed which often tell them to hurt themselves. They cannot simply make these voices stop or easily ignore them.

People who do not self-harm will never be able to fully understand it and that is OK.

“I self harm to feel physical pain to stop the emotional pain”