

Safe Self-Harm Kit - Proven to reduce, rather than encourage, self-harming behaviour



Only to be introduced with the agreement of the person who self-harms

Why Do We Encourage It?

- Safety: it reduces the risk of any infections arising as a result of self-harming.
- Control: it encourages the owner to take control of their self-harming behaviour and the effects of this. Knowing they have the option to self-harm could provide them with enough control to counterbalance the control the self-harm offers.
- Responsibility: it encourages the owner to take responsibility both for self-harming and for looking after the wound afterwards. It's about taking ownership of their own actions.
- Self-care: encouraging the care of own injuries which could slowly change their perception of not deserving such care.

What is it?

A box or bag containing the items a person uses to self-harm as well as items to make the act of self-harming as safe as possible.

What should it contain?

Self-harm sharps:

- Razor blades
- Pencil sharpener blades
- Craft knife / pocket knife

1st aid supplies:

- Antiseptic wipes
- Antiseptic cream
- Plasters
- Dressings
- Bandages
- Bandage tape



Make sure they know how to clean a wound, how to use the 1st aid supplies and how to spot an infection

Symptoms of an infected cut or wound can include:

- Redness in the area of the wound, particularly if it spreads or forms a red streak
- Swelling or warmth in the affected area
- Pain or tenderness at or around the site of the wound
- Pus forming around or oozing from the wound
- Fever
- Swollen lymph nodes in the neck, armpits, or groin
- Delayed wound healing

There is no safe self-harm with overdoses, self-poisoning, similar internal self-harm and ligatures