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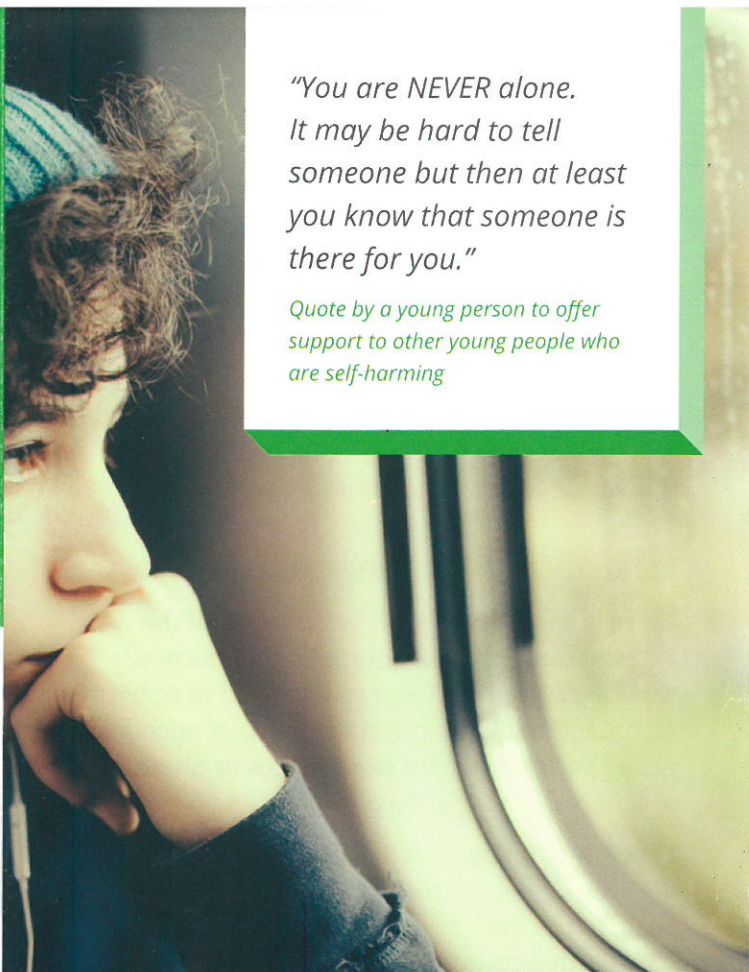
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Cornwall Council,  
and young people.



*"You are NEVER alone.  
It may be hard to tell  
someone but then at least  
you know that someone is  
there for you."*

*Quote by a young person to offer  
support to other young people who  
are self-harming*

## Harm minimisation

Is one way you can help your child. You may find it very difficult to think that your child will continue to self-harm, but it is important that the physical risks, such as infection, are reduced as much as possible. Make sure first aid supplies are freely available and make an agreement that they will look after themselves if they continue. At the same time, help them to find strategies to reduce the self-harm such as distraction techniques (see the ideas in the young people's version of this leaflet or on some of the safe sites listed on the right)

## Support in Cornwall

**www.kooth.com** Free online support and counselling for young people in Cornwall  
**www.mindyourway.co.uk** Mental health and wellbeing services for young people in Cornwall  
**www.savvykernow.org.uk** Friendly advice and services in Cornwall and the Isles of Scilly  
**www.supportincornwall.org.uk/** Cornwall Care & Support Directory (A-Z of services)

## National support websites

**www.familylives.org.uk/** Listening, supportive and non-judgmental advice for parents and carers  
**www.healthtalk.org/** has a section where parents share their experiences and advice  
**www.epicfriends.co.uk** Advice for young people on how to help friends who are struggling to cope emotionally  
**www.thesite.org** Non-judgmental support, information, discussion boards and live chat  
**www.selfinjurysupport.org.uk** Supports girls and women affected by self harm  
**www.youngminds.org.uk** The voice for young people's mental health and wellbeing  
**www.childline.org.uk** Advice, info and help online or by telephone 0800 1111  
**www.lifesigns.org.uk** User-led information and support for people who self-harm  
**www.samaritans.org** 08457 90 90 90 Telephone support for anyone who needs to talk

## Apps

**www.docready.org** Docready helps young get ready for the first time you visit a doctor to discuss mental health issues like self-harm.  
**www.thesite.org/apps-and-tools/stressheads** An app to help deal with all kinds of life stress  
**www.headspace.com** meditation app for mindfulness techniques

## Get help now

**In an emergency, dial 999. You can also call your GP out of hours service or go directly to A & E.**

st updated October 15



## Self-Harm

**Information about self-harm for parents in Cornwall and the Isles of Scilly.**



*"Be understanding. Don't be frightened. Don't be frightened to talk to them about it. Don't be frightened to get help. Get help as soon as you can... Take notice. Don't ignore it but try and be empathic and compassionate because they don't need judgments. They feel, they feel as bad about themselves as it is. They need your support and your love and your care, yeah, that's what I would say." (Parent)*