

## Someone has told me they are hurting themselves; what should I do?

### Do

- Offer your friend a kind smile or hug, and ask "what can I do to help?"
- Listen to your friend
- React calmly and be reassuring and supportive
- Let your friend know they aren't alone
- Encourage them to ask for help from an adult, and look up ideas for support and information online together
- Ensure they get medical attention if this is needed
- Make sure you find someone to talk to who can support you

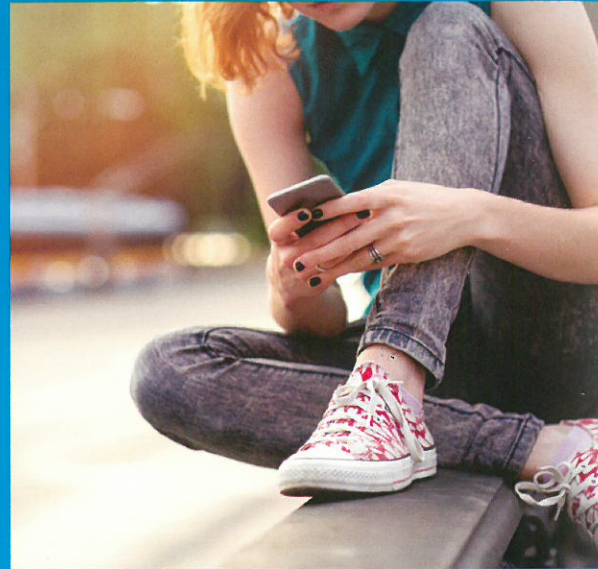
### Don't

- Be judgmental
- Be dismissive of their problems
- Tell them to stop
- Panic
- Feel it is your responsibility to make things better
- Promise to keep this a secret—if you feel your friend is unsafe, tell a trusted adult. This is to keep your friend safe so they can get the help they need

*"Stop. Count to ten. Share your feelings with someone you trust when you are ready."*

## Social media & websites

There are some really good websites that have information and advice about self-harm and coping strategies. But there are some sites and social media that can be dangerous. They can put people who self-harm, or those who are thinking about it, at risk. Only use safe sites, like those recommended in this leaflet. If a site makes you feel uncomfortable in any way, it's best to close it straight away.



*"There's no shame in seeking help - it's better to talk to someone instead of keeping it all inside."*

## Getting help - it's good to talk!

Although people who self-harm often find it difficult to tell others, **many say that they would like to get help and that talking about it would be a good starting point.**

The support of someone who understands and will listen can be very helpful in facing difficult feelings, and the reasons **behind them.**

**At home** you may be able to talk to parents or carers, or another trusted family member.

**Sometimes talking to people at home can be difficult**, but there are plenty of people to talk to who might be the first step towards getting help and support.

- **In school or college** A teacher/tutor, learning mentor, teaching assistant or other trusted adult. Some schools/colleges have counselling or drop-in centres and school nurse drop-in sessions.
- **Outside school** Youth workers, sports coaches, Guides / Scouts leaders and church leaders can all be good people to talk to, to get help.
- **GP** Going to see a GP or practice nurse can be a really useful way of getting advice and support. You can prepare yourself for what to expect at an appointment by going to **www.docready.org**
- **Websites/helplines** If a person who is self-harming is reluctant to tell someone face-to-face, they can get help and advice from a helpline or website. See our list of safe contacts on the back of this leaflet.
- **Go to [www.SavvyKernow.org.uk](http://www.SavvyKernow.org.uk) for a list of Young People Friendly services in Cornwall**