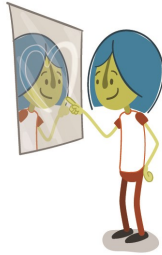


Grounding

Grounding is using techniques to “stay in the moment”, this can be useful to help people who self-harm get through the intense emotions and the urge to self-harm should decrease as time continues.

Focus on these and say them aloud:

- * 5 things you can see?
- * 4 things you can touch?
- * 3 things you can hear?
- * 2 things you can smell?
- * 1 thing you can taste?



Other resources

For additional support and resource, go to:

- * **National Self-Harm Network** (www.nshn.co.uk/)
- * **Mind** (www.mind.org.uk/)
- * **Sane** (www.sane.org.uk/)
- * **Samaritans** (www.samaritans.org/)
- * **Kooth—for young people only** (www.kooth.com/)
- * **YoungMinds Matter** (www.youngminds.org.uk)

For extra information, please see our website:

www.lpft.nhs.uk/young-people

Self-harm information for parents



Mindfulness

Mindfulness is being aware of the present moment whilst acknowledging and accepting feelings, thoughts and physical sensations.

Focus on your breathing:

- * Breathe in for 4 seconds
- * Holds for 2 seconds
- * And breathe out for 6 seconds



If you would like this leaflet in another language or format, such as Braille, large print or audio, please contact: communicationslpft@lpft.nhs.uk

Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection and Confidentiality: NHS Code of Practice requirements

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What is self-harm

Self-harming (also known as self-injury) is when a person inflicts physical wounds on their own body, quite often motivated by intense emotional distress or the need to regulate heightened emotions.

Why do people self-harm

People can self-harm for numerous of reasons, such as:

- * Experiencing intense emotions such as feeling anxious, low in mood and angry
- * Strong feelings of numbness
- * Bullying/friendship difficulties
- * Response to trauma and bereavement
- * Means of communicating distress
- * Can provide a sense of control when areas in their life feel out of control
- * Self punishment
- * Identity and sexuality difficulties
- * Illness or physical health



It is understandable to feel a range of emotions and thoughts when you find out your child is self-harming. It is also important that you reflect on your feelings and thoughts during your individual time. If you feel you need additional support regarding this, please reach out to us.

Myths and facts

MYTH 1: Those who self-harm are doing it for attention.

Although self-harm can be used as a way to communicate distress, more often than not, those who self-harm will attempt to hide it due to fears of being embarrassed or shamed by peers.

MYTH 2: You're to blame for them self-harming.

Young people can begin self-harming for many different reasons, blaming each other is not going to help them stop self-harming. It is better to focus on getting them through it rather than the origins.

MYTH 3: Only those who have experienced severe trauma will self-harm.

There is no criteria for those who choose to self-harm, it is based on the intense emotions and experiences the person has felt.

MYTH 4: Someone who self-harms must be suicidal.

Quite often self-harming is a way to combat suicidal thoughts and these thoughts are not necessarily needed for a young person to engage in self-harm. However it is important to be aware that a person can have suicidal thoughts whilst self-harming so if you are concerned for the persons safety, seek support from your local GP or A&E.

How can I help?

There are different ways you can help support your child during times of distress:

- * Firstly, take steps to reduce risk of physical harm, including talking about signs of infection etc.
- * Check in on your child, and explain why you are doing this. Be prepared for possible emotions such as anger and frustration
- * Let them know you are there to listen and even though you may not fully understand why they are self-harming, you are still willing to try and support them through this
- * Encourage safe and appropriate distractions such as exercise, art, music etc.

Distractions

Although self-harm is an unhealthy coping mechanism, it serves a short term purpose. We want to replace self-harm with healthy coping mechanisms such as self soothing, displacement and relaxation. However we know this takes time to make that swap, so please encourage your child to try alternative distraction methods and hopefully they will begin to replace the self-harm.

