Talk to someone – share your thoughts and feelings with someone you trust, that could be a family member, carer, friend or member of staff at school.

Find distractions/ coping strategies – do something to avoid the urge to self-harm – you may need a few of these for the different triggers you may have. Some good distractions are:

* Exercise or playing a sport
* Punching a pillow or cushion
* Listening to or making music
* writing a diary
* drawing, scribbling or doodling
* painting
* using relaxation techniques
* doing something fun or creative
* squeezing an ice cube until it melts
* eating a strong flavoured food
* ripping up paper
* having a cold shower
* drawing on your skin with red paint or pen
* flicking or snapping and elastic band or hair bobble on your wrist
* arranging to meet friends

Celebrate who you are – you are more than a self-harmer and you have achieved some great things in your life.

Recognise your triggers – what makes you want to harm yourself (these can be people, situations, thoughts or feelings.)

**Self-Harm Self Help Tips**