

Self Help Resources – Useful sites & Information

Self-Harm

Have you looked at our list of **Workbooks & Online Courses** and **Apps**?

Self injury Support offers support for girls and women who harm themselves. Its website has self-help ideas. You can contact them via text, email and its helpline.

www.selfinjurysupport.org.uk

Self-harm – A Royal College of Psychiatrists leaflet for anyone who wants to know more about self-harm, particularly anyone who is harming themselves, or feels that they might. It is also helpful for friends and families.

www.rcpsych.ac.uk/healthadvice/problemsdisorders/self-harm.aspx

Dealing with urges to self-harm – This article looks at what could cause urges to self-harm and gives you some useful tips on dealing with them.

www.themix.org.uk/mental-health/self-harm/dealing-with-urges-to-self-harm-5698.html

146 Things To Do Besides Self Harm – It has links to other helpful coping strategies such as the Butterfly Project, the Hug Theory and the Happy Box, as well as information on how to help yourself and how to help a friend.

www.adolescentselfinjuryfoundation.com/page11

'I paint sunflowers on my self-harm scars' – A short film about a student who now paints on her body as “a replacement for self-harming”

<https://www.bbc.co.uk/news/av/magazine-41852072/i-paint-sunflowers-on-my-self-harm-scars>

Last updated: Sept 2018