“Self-harm” and “self-injury”

These are words often used interchangeably to describe the action of inflicting injury on oneself. There are many common methods of self-injury, these include:-

* Scratching
* Poisoning
* Cutting
* Hair pulling
* Burning
* Hitting and head banging
* Scalding and scrubbing the body

**Why do people self-harm?**

Individuals choose to self-harm for a variety of reasons and is often used as a way of coping with difficulties. Here are some accounts of those who have or currently use self-harm as coping strategy.

“A way to experience feelings”

“Anger management issues – hit yourself or take it out on someone else”

“Feelings of worthlessness/lack of power and control over events”

“I feel guilty and ashamed of my past, my life, myself”

“A way of feeling in control of me and my life”

# **Facts about self-harm**

# Some people will self-harm just once while others may continue over a period of time

# Generally, people who self-harm don’t want to kill themselves – it’s often used as a way to get by

# People who self-harm are not ‘mad’

# People from all walks of life may self harm at different points in their lives

There is support available