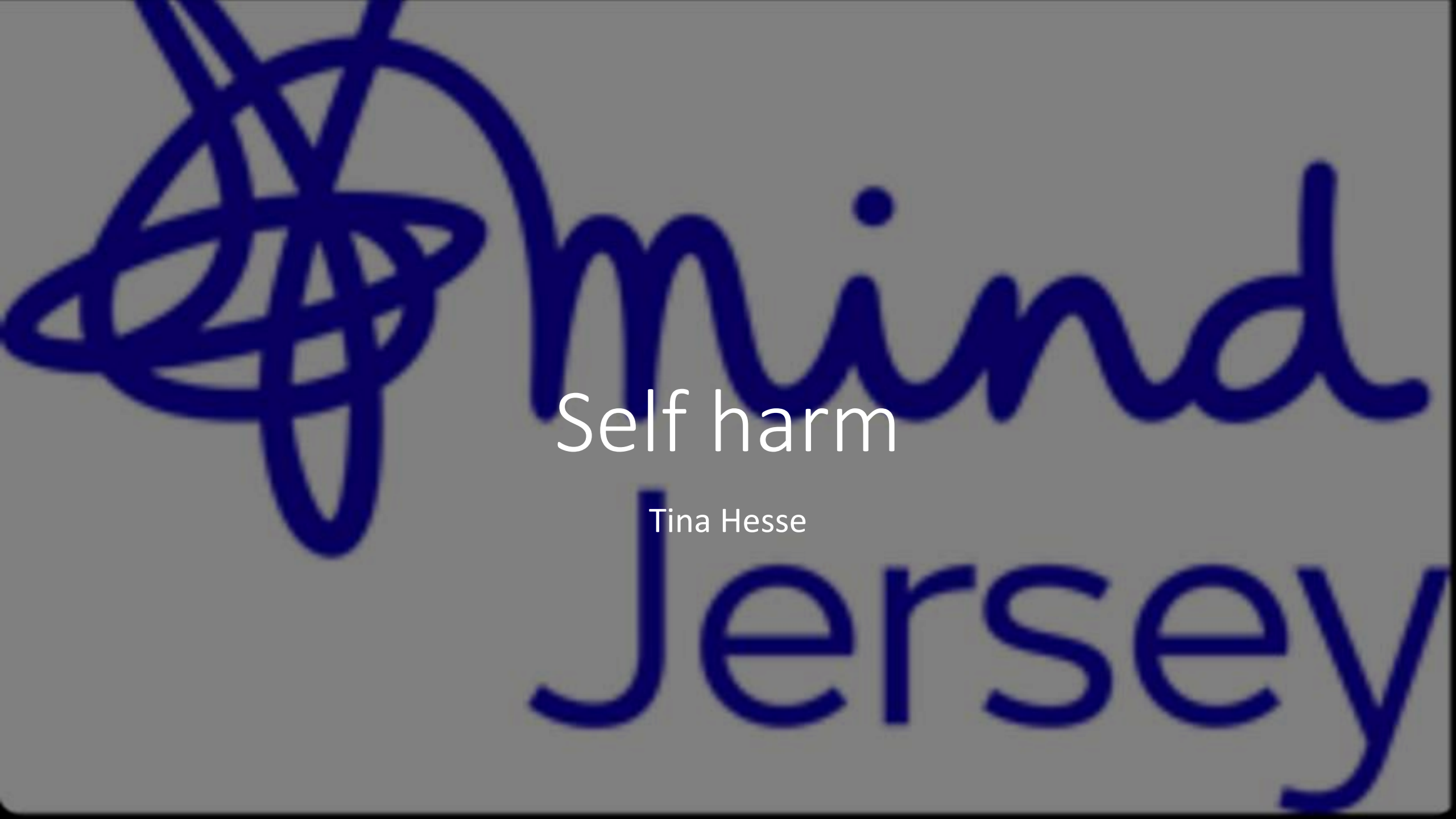




Self harm

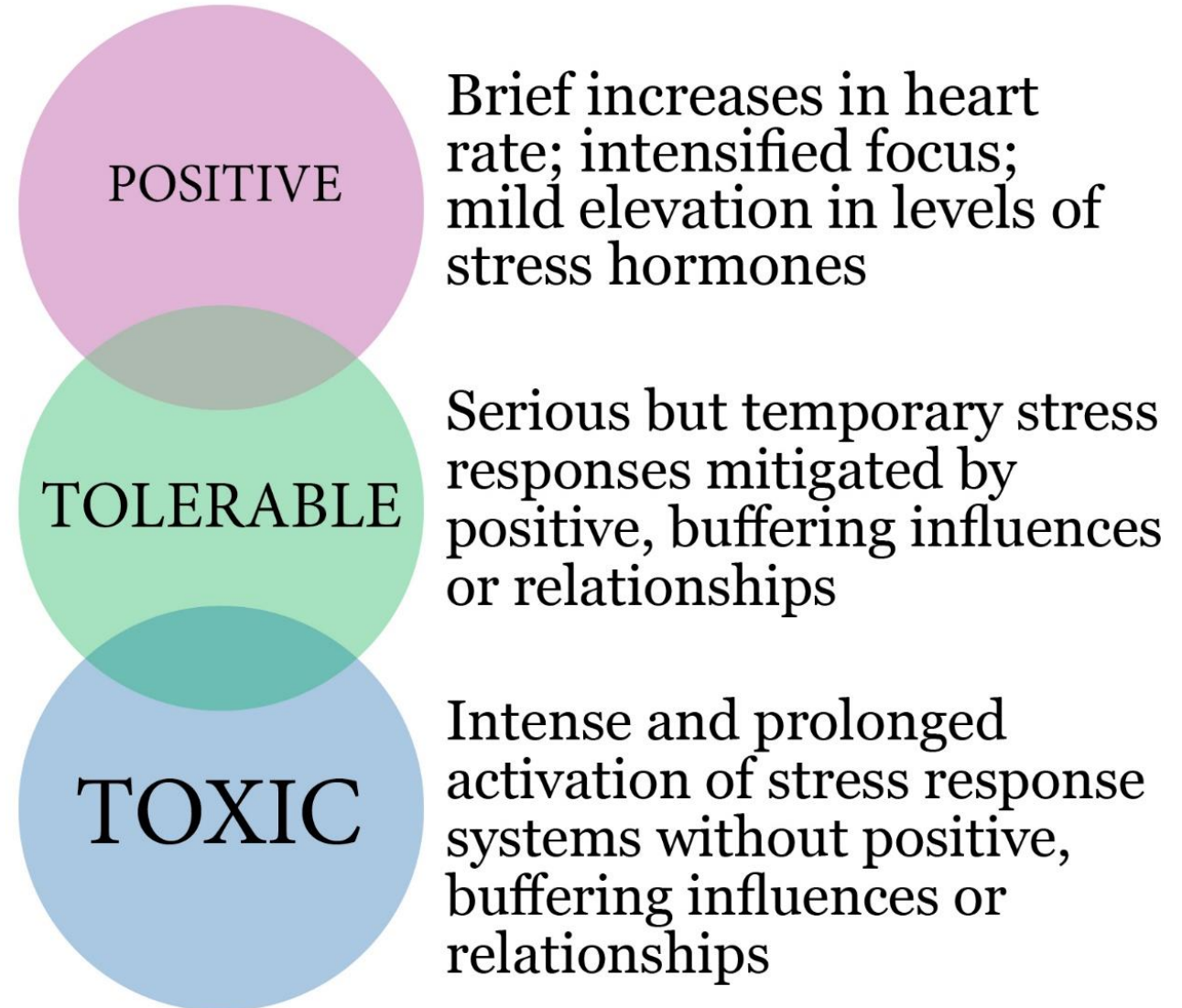
Tina Hesse

#mind Jersey

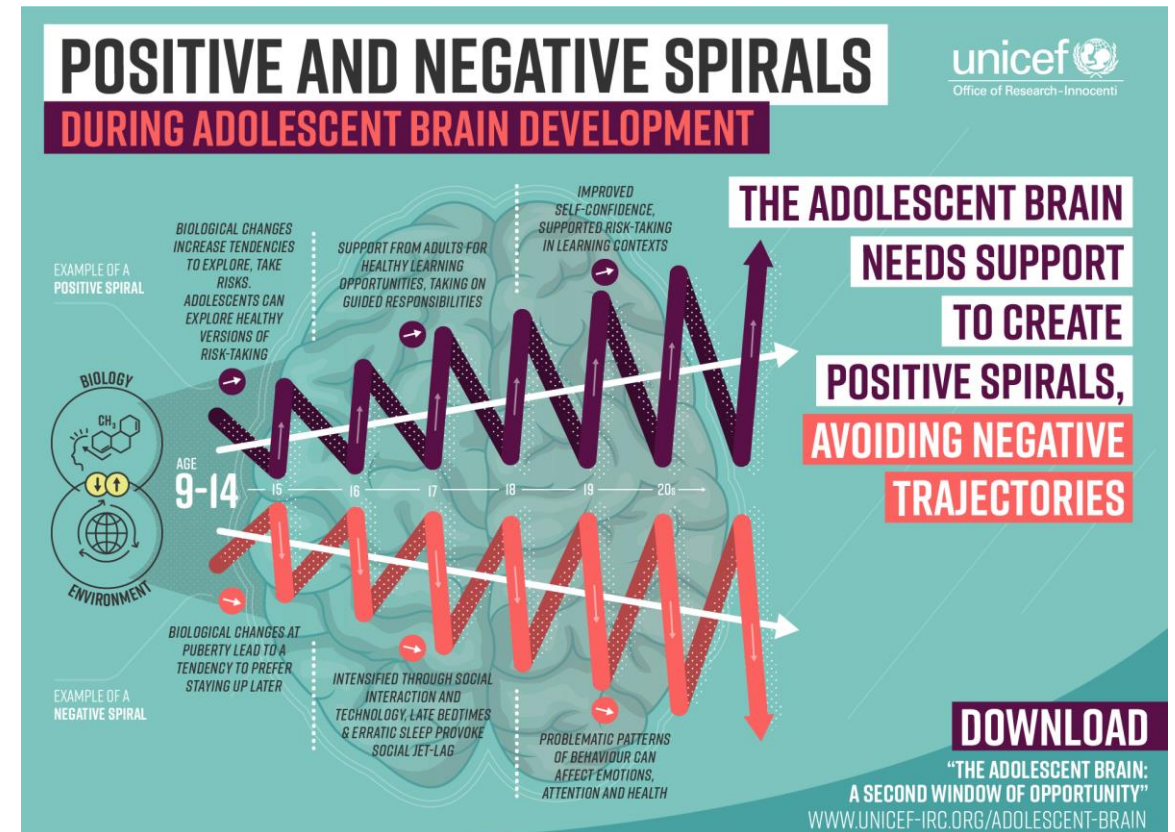
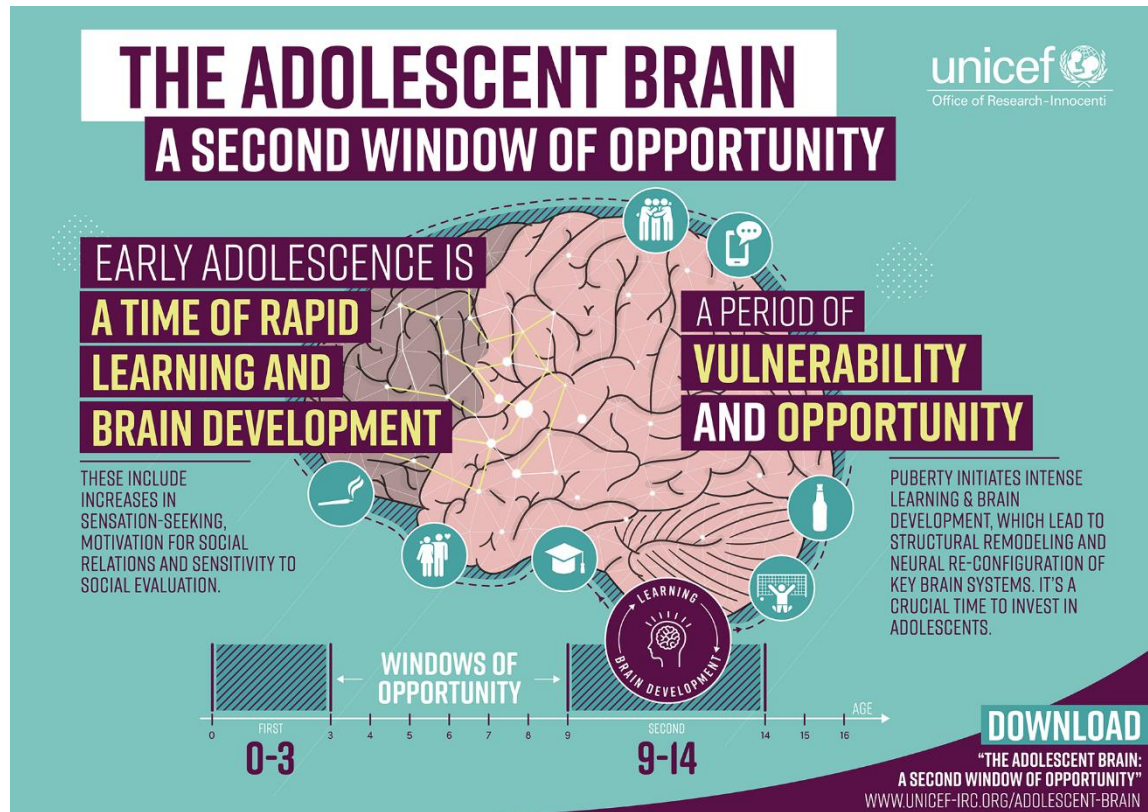




DEGREES OF STRESS



The adolescent brain



What is self harm, self injury or self destructive behaviours



- A broad term for intentional self-inflicted poisoning or injury, which may or may not have a fatal intent or outcome
- A wide range of things which is deliberately done to the self as an emotional coping mechanism; It appears to be harmful but usually does not kill them.
- Self-harm is not usually a failed attempt at suicide, but it can still be very hard for parents or carers.
- Often the default setting for carers is to want it to be stopped however there is a need behind the behaviour so just stopping is not the solution.
- Meeting the emotional need that is behind the self harm is what is needed.
- Finding the root cause and working with this can take time and may not be a quick fix.

What a young person may do



- Cutting
- Burning,
- Biting,
- Hitting
- Swallowing toxic or taking overdoses.
- Scratching or pinching
- Impact with objects or self –included banging or punching.
- Ripping or tearing skin
- Carving
- Interfering with healing
- Hair-pulling
- Eating
- Unhealthy addictive behaviours- drugs, alcohol, spending, sex
- Have unhealthy boundaries
- All of these behaviours can be detrimental however having knee jerk reactions can add additional pressure to the young person. If they fell over and grazed their leg you would put a plaster and soothe them not take them straight to A and E. This can exasperate the situation- unless it is an emergency



Self-neglect

Pain or nausea

And.....

Physical injuries

Low self-esteem

**Warning
signs**

Isolated or withdrawn

Change in personality

Change in sleep

Change in appetite

Why do young people self harm



- to feel more in control
- To punish themselves
- To feel something
- It can be a way of coping with emotions, a distraction or a relieving of overwhelming feelings that build up inside,
- when the CYP feels isolated, angry, guilty, blame, shame or desperate.'
- An inner critic which reduces self worth, self esteem, self compassion, self forgiveness
- They are not happy with self/situations
- Bullying
- Trauma
- Toxic stress
- Bereavement and loss
- A way to show desperation and seeking help
- A communication

Myth /facts



- Because cutting and other means of self-harm tend to be taboo subjects, Don't let these myths get in the way of getting help, or helping someone you care about.
- People who self-harm are just doing it for attention.- MYTH
- The truth is that people who self-harm generally do so in secret. They aren't trying to manipulate others or draw attention to themselves. In fact, shame and fear can make it very difficult to come forward and ask for help.-FACT
- The severity of a person's wounds has very little to do with how much he or she may be suffering. Don't assume that because the wounds or injuries are minor, there's nothing to worry about, emotional support is needed -FACT
- People who self-injure are 'crazy' and/or 'dangerous'. MYTH
- Self-harmers usually do not want to die. When they self-harm, they are not trying to kill themselves—they are trying to cope with their pain. In fact, self-harm may be a way of helping themselves go on living. However, in the long-term, people who self-harm have a much higher risk of suicide, which is why it's so important to seek help. FACT

Ways to help



- Remain emotionally available, supportive and non judgemental
- Support the young person to discuss emotions- what do you feel "Do I feel angry/anxious/what about"
- Support them to talk to someone about their feelings if they are worried about talking to you as their parents
- Try to encourage them to delay the action so using distraction techniques
- Try putting the items used for self-harm in a difficult to access place. This gives time to think before acting .
- Create a coping box with items that supports emotional coping
- Provide emotional care love and compassion
- Create a safe word/code that enables the young person to let you know how they are feeling without having to go deep into expression, however can show they are struggling and need some emotional support –perhaps the traffic light system- this could also be a visual ie cards
- Don't race to the emergency department (unless it is an emergency) this may exasperate the situation, however access support in a calm manner to avoid adding fear to the young person, they may feel scared enough already
- Remind your child it's normal to experience strong emotions such as sadness, anger, fear and anxiety, (without belittling the emotion) but these don't last, emotions come and go and you can do things to help them such as watching funny YouTube clips, talking things through, taking exercise together.
- Young people can often 'catastrophise'; they believe they will fail in life spectacularly.
- Help them to be kind to themselves, look at the true evidence regarding their hard work and their individual skills and qualities, so they can challenge irrational thinking with evidence and promote self compassion .
- Help children 'problem solve' and form a plan so that even if their immediate hopes are not fulfilled, there are options and a future.
- Remind your child you love them unconditionally.
- Let your child know there is help available and there is no shame in accessing help- normalising support for mental health as normal as going to the GP for a ohysical health need. There is anonymous support they can always contact a supportive charities such as ChildLine or the Samaritans anonymously by telephone or via a web chat if they need a confidential discussion.
- Encourage them to do something physical daily to improve mood and sleep patterns.
- Encourage your child to learn emotional coping strategies, and possibly do this with them to normalise the need for self care and wellbeing.
- Urge them to work through, and understand worries. Working on positive self talk and encouraging a positive sense of self.)(Priory-2021)

 Mind Jersey
Parent Support Group

For parents with children experiencing
suicidal ideation.

In collaboration with Child &
Adolescent Mental Health Service
(CAMHS).

Starting Thursday 8 July and continuing
every second Thursday of the month
7-8pm at Pips Place.

Please contact Tina at
t.hesse@mindjersey.org for more information



Adolescents:

- Risk of suicide/significant self-harm – Emergency services or A&E
- GP – full physical check up and gateway to mental health services
- School – SENCO, Primary Mental health Team, wellbeing team (primary schools) or counsellor (secondary schools)
- CAMHS – specialist mental health service
- YES – 14+
- Mind Jersey – 7-25s Decider skills, WRAP, Self love courses, Parent support, mindfulness, --Peer support and carers support (18+)
- Over 18s listening lounge
- Shelf-help
- Online support – Kooth
- Apps – Mood Gym, Mood Tracker, Mind Shift, Mindful Gnats, Calm Halm

Parents:

- Family Hub
- Parenting Support Service (Triple P – teen triple P seminars)
- Mind Jersey's Family and Carers support service
- Primary Mental Health Team

**Contact your child's Pastoral Lead, the School Counsellor, GP or Mind Jersey for support, information and signposting

t.hesse@mindjersey.org



- Any questions

