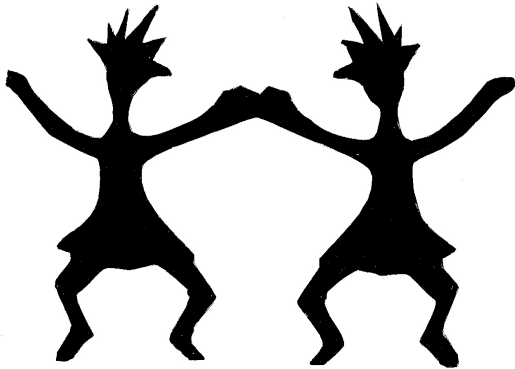


# Self-Injury information



## for young women



### Why do people self-injure?

One young person said:

"Cutting for me releases all the built up anger and frustration and pain I feel inside...." (Truth Hurts 2006)

Some of the problems that might lead someone to self-injure are:

problems with sex or sexuality

money

difficult relationship with family

worries

bereavement

problems with friends

pressure to fit in

**BULLYING**

identity crisis

stress about exams or coursework

### What is self-injury?

Self-injury is any form of self-harm that involves causing injuries or pain to your own body. Self-injury includes:

- Cutting
- Burning
- Hitting your body against something
- Picking Skin
- Pulling your hair out

For most young women, self-injury is a way of coping with emotional pain. Many people cope with their problems in ways that are harmful to themselves, for example drinking too much, smoking or driving too fast.

### Help!

Don't deal with everything on your own - talk to someone you trust about how you are feeling. Here are some organisations that could help you:

#### **Bristol Crisis Service for Women**

Helpline 0117 925 1119 Fri and Sat 9pm-12.30pm and Sun 6pm-9pm. They have lots of information including 'The Rainbow Journal' - a self-help book free for young people under 18.  
[www.users.zetnet.co.uk/BCSW](http://www.users.zetnet.co.uk/BCSW)

#### **National Self-Harm Network**

A survivor led organisation with a range of information about self-harm.  
[www.nshn.co.uk](http://www.nshn.co.uk)

#### **Young Minds**

Information for young people on different mental health issues. Also provides information for parents.  
[www.youngminds.org.uk](http://www.youngminds.org.uk) Tel: 020 7336 8445

#### **Young People and Self-Harm**

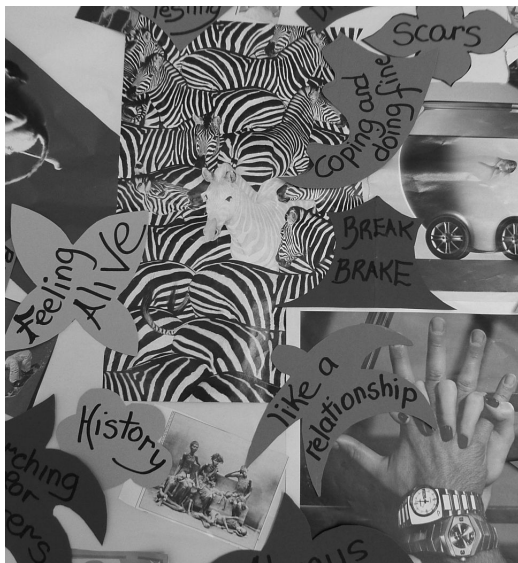
Information and resources from the National Inquiry looking at young people and self-harm.  
[www.selfharmUK.org.uk](http://www.selfharmUK.org.uk)

# What other people have said about their self-injury...

"I do it coz i want to live"

"I need a break from how I feel"

"To express my pain externally"



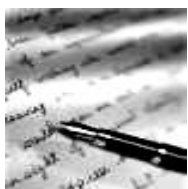
"I wish I understood"

"I'm so confused as to why I do it"

"It's helps me cope with my feelings"

## Ideas for reducing your self-injury

## Taking care of yourself



Do something nice for yourself...



If you feel that you have to self-injure you can minimise the harm by:

- Finding out about after-care and support services and aim to accept support if it's offered (see last page)
- Seeking treatment where necessary and/or support from a friend or professional (eg A&E department or your doctor)
- Avoiding harming yourself near main arteries and tendons
- Making sure your tetanus protection is up to date
- Avoiding alcohol or drugs if you think you are likely to self-injure

Remember even though your injuries are self-inflicted it can still make you feel shocked and upset.