

If someone has handed you this card, this may be the first time they have talked about self injury. To learn more about self injury or get support, go to....

www.scw.org.au

www.reachout.com.au

www.firstsigns.org.uk

www.scw.org.au
www.reachout.com.au
www.firstsigns.org.uk

Not everyone knows how to act when you try to talk to them about what you are feeling or doing. Don't give up if you have had a negative response! There is someone out there who is willing to listen and be able to support you.

www.scw.org.au
www.reachout.com.au
www.firstsigns.org.uk

Help

Anyone who is self injuring is struggling to cope and needs help and support. Self injury can often be kept a secret for quite a while. The person may feel ashamed, guilty and would probably find it hard to tell anyone.

When you are told about someone who is Self Injuring - What do you do?

- You listen and pay attention to what they are saying.
- Don't judge them or think they are crazy.
- Offer understanding and support even if you don't understand why this is happening.
- Find ways to talk about how they are feeling
- Find ways they can tell their parents or siblings.
- Help them to find a professional who can talk to them about different ways of coping with issues.
- Encourage them to think of support people around them who they can talk to.
- Try to find an understanding GP who would be part of their support network. This support network can include family, a school counsellor, a community counsellor, a youth leader, and the local youth or mental health team.
- Taking away their cutting implements can stop them self injuring in that instant but it doesn't mean they won't find other things to cut with.

Important Legal Notice

Southern Community Welfare has produced this booklet to enhance public access to information about self injury in general. Our goal is to keep this information timely and accurate. If errors are brought to our attention, we will try to correct them. However, Southern Community Welfare accepts no responsibility or liability whatsoever with regard to the information in this brochure.

REMEMBER YOU ARE NOT ALONE

Things to do to keep you healthy and safe

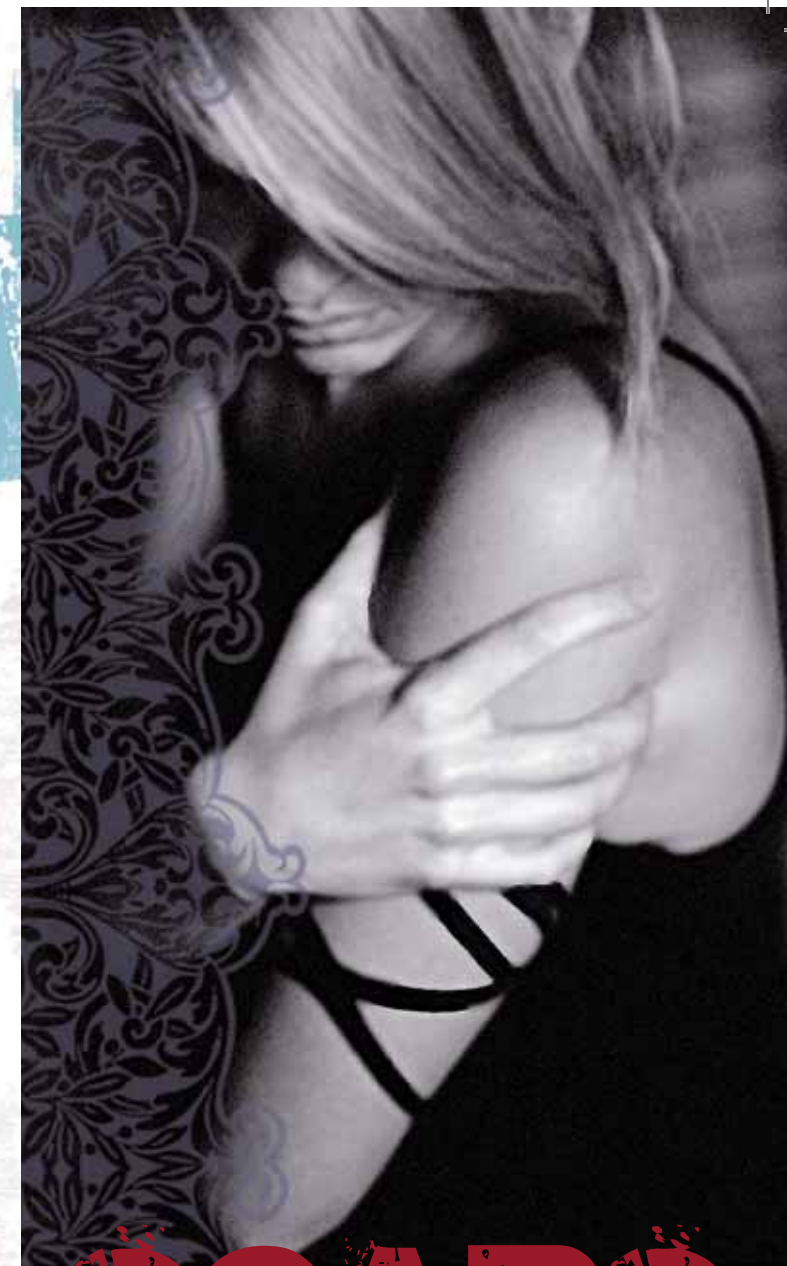
- Use positive self talk-if you want to injure yourself. Put it off for 30 minutes, then when the 30 minutes is up, put it off for another 30 minutes
- Write down or draw how you are feeling
- Press ice between your fingertips until they are numb
- Be aware of what sets off your self injury
- Draw on yourself with a red marker
- Find a couple of people you can talk to regularly
- Draw or paint to express yourself
- Try to breathe until you feel relaxed 5 counts in 10 counts out
- Join a local youth group
- Start a new sport or hobby group
- Access one of the websites listed in this brochure
- Throw ice against a wall
- Use a punching bag

Don't forget to look after yourself

- Exercise regularly
- Eat three healthy meals a day
- Sleep at least 8 hrs a night
- Avoid alcohol and drugs

This information is:

- Of a general nature and is not intended to address the specific circumstances of any particular individual or entity.
- Up to date at time of printing.
- Not professional or legal advice – if you need specific advice, you should always consult a suitably qualified professional.



SCARS

on the inside

 Southern Community Welfare Inc.

If someone has handed you this card, this may be the first time they have talked about self injury. To learn more about self injury or get support, go to....

www.scw.org.au

www.reachout.com.au

www.firstsigns.org.uk

www.scw.org.au
www.reachout.com.au
www.firstsigns.org.uk

Not everyone knows how to act when you try to talk to them about what you are feeling or doing. Don't give up if you have had a negative response! There is someone out there who is willing to listen and be able to support you.

www.scw.org.au
www.reachout.com.au
www.firstsigns.org.uk

Help

Anyone who is self injuring is struggling to cope and needs help and support. Self injury can often be kept a secret for quite a while. The person may feel ashamed, guilty and would probably find it hard to tell anyone.

When you are told about someone who is Self Injuring - What do you do?

- You listen and pay attention to what they are saying.
- Don't judge them or think they are crazy.
- Offer understanding and support even if you don't understand why this is happening.
- Find ways to talk about how they are feeling
- Find ways they can tell their parents or siblings.
- Help them to find a professional who can talk to them about different ways of coping with issues.
- Encourage them to think of support people around them who they can talk to.
- Try to find an understanding GP who would be part of their support network. This support network can include family, a school counsellor, a community counsellor, a youth leader, and the local youth or mental health team.
- Taking away their cutting implements can stop them self injuring in that instant but it doesn't mean they won't find other things to cut with.

Important Legal Notice

Southern Community Welfare has produced this booklet to enhance public access to information about self injury in general. Our goal is to keep this information timely and accurate. If errors are brought to our attention, we will try to correct them. However, Southern Community Welfare accepts no responsibility or liability whatsoever with regard to the information in this brochure.

REMEMBER YOU ARE NOT ALONE

Things to do to keep you healthy and safe

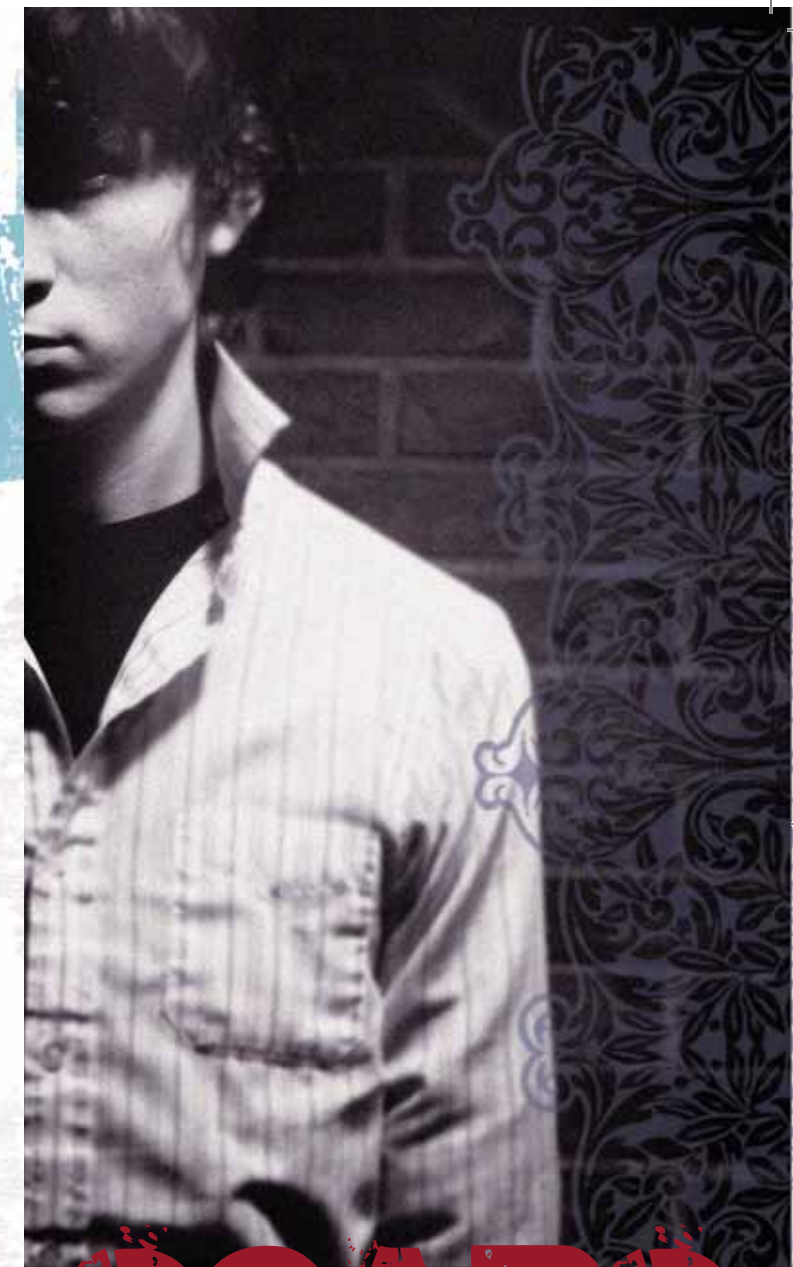
- Use positive self talk-if you want to injure yourself. Put it off for 30 minutes, then when the 30 minutes is up, put it off for another 30 minutes
- Write down or draw how you are feeling
- Press ice between your fingertips until they are numb
- Be aware of what sets off your self injury
- Draw on yourself with a red marker
- Find a couple of people you can talk to regularly
- Draw or paint to express yourself
- Try to breathe until you feel relaxed 5 counts in 10 counts out
- Join a local youth group
- Start a new sport or hobby group
- Access one of the websites listed in this brochure
- Throw ice against a wall
- Use a punching bag

Don't forget to look after yourself

- Exercise regularly
- Eat three healthy meals a day
- Sleep at least 8 hrs a night
- Avoid alcohol and drugs

This information is:

- Of a general nature and is not intended to address the specific circumstances of any particular individual or entity.
- Up to date at time of printing.
- Not professional or legal advice – if you need specific advice, you should always consult a suitably qualified professional.



SCARS

on the inside



DO YOU KNOW SOMEONE WHO IS SELF INJURING?

What is Deliberate Self Injury?

Deliberate Self Injury is when a person deliberately hurts their own body without the aim of ending their life. It is often done in secret and used as a way to cope with difficult or painful feelings. Some people say they self injure because of difficult things they have gone through, for example: family breakdown or conflict; death of a loved one; physical, emotional or sexual abuse; neglect or bullying. Other reasons may be because the person is depressed, anxious or because they are using drugs or alcohol. It is possible that someone might self injure to fit in with their peer group.

ARE YOU SELF INJURING?

Who can you tell?

Think of someone around you who you could talk to. It can be very hard to talk to anyone about this. If there is no one in your immediate group, there are different supports and resources available within the community. These may include:

- A family member, parent, aunt, sibling.
- A teacher or a school counsellor may be the first person you can talk to who is able to support and direct you to services to help you.
- A doctor or someone within the medical profession would be able to help with your general health, wellbeing, and injury care. They will be able to assist with depression and anxiety.
- A psychologist or counsellor may be helpful in dealing with the underlying issues you're dealing with, while supporting you to learn new ways of coping.
- Support groups that deal with different issues such as depression and anxiety may be helpful to support you while exploring new ways of living.
- Reading books and searching the internet can help you be aware of what's available around you and can inform you of any new information or research. Be careful some materials in books or on the internet can set off your self injury.

Build a support network around you with people who are aware of your self injury and are supporting you to find different ways to deal with issues. e.g. You may have a friend you talk to while seeing your GP for health reasons and talking to your school counsellor. This network of support will strengthen your healing and recovery.

What is it like to tell someone you are injuring yourself?

- You may find yourself feeling very nervous or anxious before you tell someone for the first time.
- You could start by saying, "I really need to talk to you about something, but I'm afraid it might freak you out a little....."

Or

- "I want to tell you something but I'm scared how you will react....."

The reaction you will receive could vary widely depending on if that person has heard of self injuring before. What can help is if you give them this brochure or some information about self injury. This way they can understand it is a way you have learnt to cope with issues that feel too hard to deal with.

They might say.....

- What are you doing that for?
- I can't believe you're doing this to yourself!
- Can you help me understand?
- Do you want to talk about it?
- You need to stop that straight away, give me the things you cut with.
- You need to get help!

If you have a negative response to what you tell them, don't give up, try again because getting support is worth it.

I am handing you this card because I feel like hurting myself.....

Please.....

- o Stop and listen
- o Don't judge me or my actions
- o Ask me questions (I may not be able to give you answers, but I'll try)
- o Be honest with me in how you can be supportive.
- o Help me to find other supports around me.

If you're in need of some medical help or someone to talk to, try one of these professional support organisations.

**Emergency 000
Lifeline 131114
Kids Help Line 1800 55 1800
Salvo Youth Line 02 9360 3000
Your local hospital or mental health team**

It may be the first step to your recovery...

*Sometimes the pain inside
gets too much and I just
want to get it out.....*

*"Please try to understand
that I am in pain and in need
of support NOT judgement"*