Sources of Support When Teaching About Self Harm

Self-harm describes any behaviour where a young person causes harm to themselves in order to cope with thoughts, feelings or experiences they are not able to manage in any other way. It most frequently takes the form of cutting, burning or non-lethal overdoses in adolescents, while younger children and young people with special needs are more likely to pick or scratch at wounds, pull out their hair or bang or bruise themselves.

NEW PACK No Harm Done – for Staff, Parents & Students Videos & Leaflets - http://www.inourhands.com/teaching-resources/nownoharmdone/

Online support
SelfHarm.co.uk: www.selfharm.co.uk
National Self-Harm Network: www.nshn.co.uk
Harmless: www.harmless.org.uk (DVD and comprehensive workbook available. Trailer for the video is at https://www.youtube.com/watch?v=h1bhWtrgv-I)

Students

Parents
http://www.healthtalk.org/self-harm
A series of really informative videos for parents by parents can be found at this site

Youtube Videos / The Site.org
Going to A&E https://www.youtube.com/watch?v=HaDXrhfPcZk
Confidentiality at A&E https://www.youtube.com/watch?v=yZqSLV7REuo
Interview with a Doctor https://www.youtube.com/watch?v=reh6_UTgbo
Showing Your Scars https://www.youtube.com/watch?v=CLUlImD16I2I

Books

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