

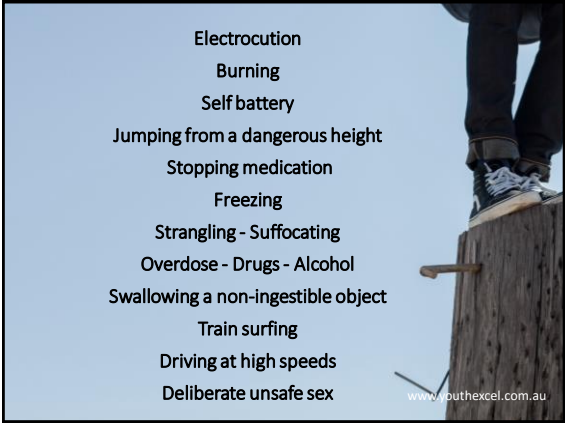


UNDERSTANDING SELF HARM



RELAX, I'LL BE FINE.

Deliberately initiating behaviour to hurt oneself
(without trying to take your life).



- Electrocution
- Burning
- Self battery
- Jumping from a dangerous height
- Stopping medication
- Freezing
- Strangling - Suffocating
- Overdose - Drugs - Alcohol
- Swallowing a non-ingestible object
- Train surfing
- Driving at high speeds
- Deliberate unsafe sex

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MOST COMMON CATEGORIES OF SELF HARM

- Cutting (55.9%)
- Overdose (22%)
- Self-battery (11%)
- Multiple methods (10%)

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THE MOST COMMON SCENARIO



DIRECT LINKS TO SUICIDE

More commonly associated with suicidal tendencies when:

- It is premeditated
- It happens in association with drugs and alcohol
- It is accompanied by an admission to hospital

- Around 7.5% of 12 – 17 year olds have seriously considered suicide in the past 12 months
- Portion is over twice as high for females as males
- 2.4% of young people had attempted suicide in the last 12 months – equivalent to 41 000 young people

WHO SELF HARMS?

10.9% report ever self harming.
That is 186 000 young people aged 12 – 17.

8% report self harming in the last 12 months.
That is 137 000 young people aged 12 – 17.

Out of those who self harmed in the previous 12 months, 61.6% had self harmed more than four times in the past.

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BEHIND THE SCENES

In a school based survey with 30 000 adolescents:

- 79.6% had not experienced thoughts of self harm
- 14.6% have had thoughts about self harming but have not taken action
- 2.6% reported single episode
- 3.2% reported multiple episodes

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MALE AND FEMALE RATIOS

MALE STATISTICS	FEMALE STATISTICS
9.9% thought of self harm	21.9% thought of self harm
2.6% self harmed in the last year	8.9% self harmed in the last year
4.3% self harmed in their lifetime	13.5% self harmed in their lifetime

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UNDERSTANDING THE PSYCHOLOGY



WHY DOES SELF-HARM WORK?

BRAIN WIRING

The brain wires quickly for this behaviour, creating a

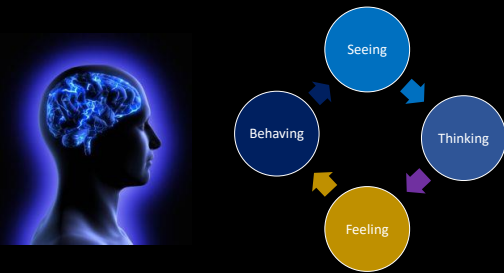
stress + cutting = relief circuit

This circuit becomes harder and harder to break over time.



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THOUGHTS DRIVE YOUR LIFE



THE ROLE OF THE INTERNET

reblog this if you've
ever self harmed.

doniforget.tumblr.com

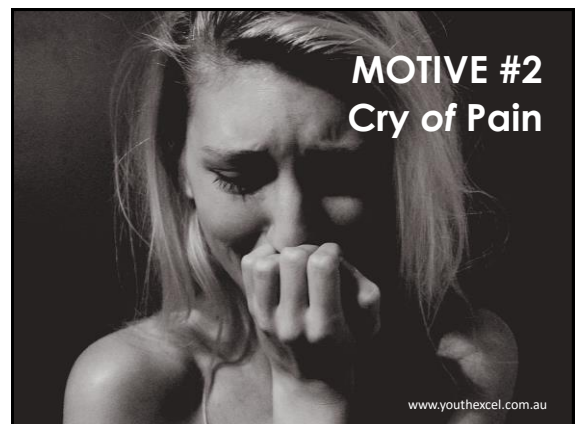
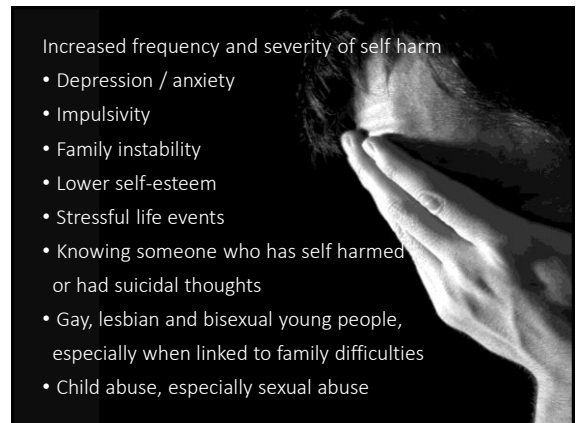
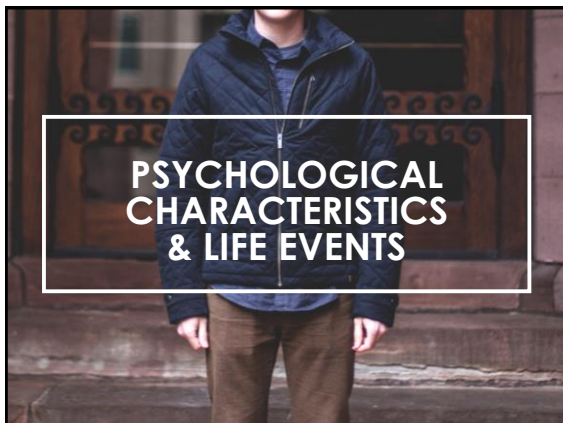
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We're all addicted
to something that
takes the pain
away

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1 in 6 teens self-harm.

On March 1st write the words 'keep fighting'
on your wrist to show your support.



TIME FRAMES BETWEEN THOUGHTS AND ACTIONS

- 40% decided to do so within an hour
- 22.7% decided to do so more than an hour but less than a week
- 29.3% made the decision more than one week before.

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3 D'S JOURNAL ACTIVITY

1. DELAY

Delay giving into the urge for a set amount of time. Write down this amount of time and set a timer.

2. DISTRACT

Do an activity that will occupy your thoughts and use your physical energy. Write a list of things you could do.

3. DECIDE

After the set time period, decide how you are going to respond to the urge. Write down advantages and disadvantages.

WHAT TO LOOK FOR

- Knowledge of others who are self harming
- Unexplained marks on body
- Wearing long sleeves
- Wearing wide wrist bands that are never removed
- Difficulty expressing emotions
- Secretive behaviour and or extended time alone
- Items that could be used for cutting (sharpener blades, knives, scissors, safety pins, razors) missing
- Signs of depression – withdrawn, sad, negative, lack of resilience

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SERVICE PROVISION

WAYS ADULTS WHO REFER CAN HELP

Be aware of things that repel young people:

- Judgements
- Criticism
- Over reactions
- Lack of connection
- Control
- Pushing confessions or referrals
- Insensitivity

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TIME – PLACE - TONE

- Remember teens who self harm often need confidential environments to talk
- Leave the door open
- Keep checking in

Framing language:

- I am concerned about you...
- Who do you feel comfortable talking to...
- How can I best support your education...

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MY APPROACH

- Strengths based approach
- Look past the self harm
- Tip the scales with purpose and positive activity
- Think replacement

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3 DISTRACTING STRATEGIES

3 COMFORTING STRATEGIES



ICOPE APP

[View in iTunes](#)

\$3.79

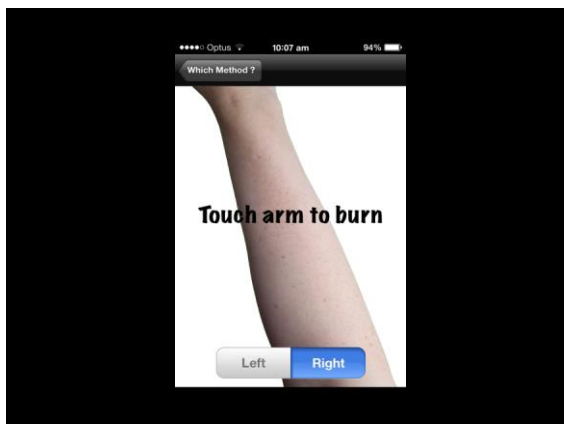
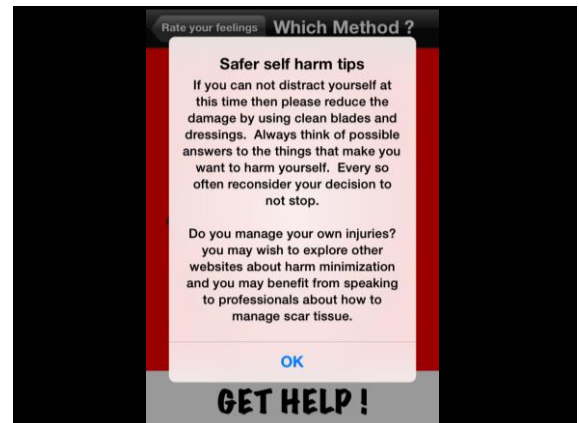
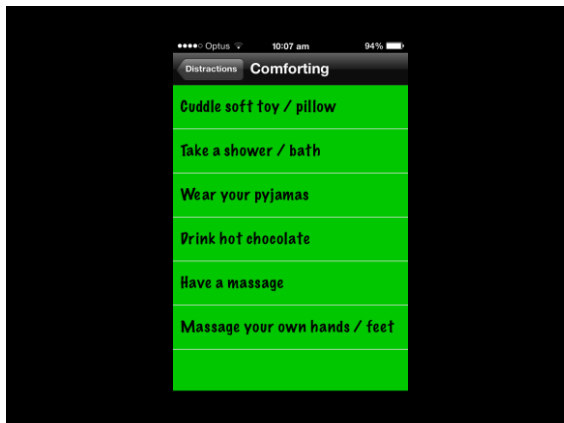
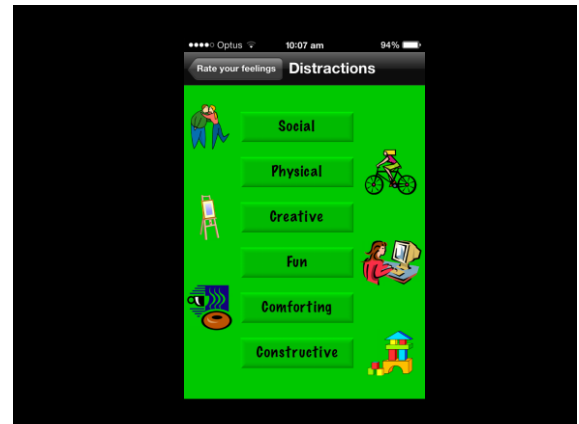
Thoughts
of...

STOP!

[Next steps >>>](#)

The creators and developers of iCope are not responsible for any damage caused by using this App. iCope is designed as a self help tool, and is not intended to replace any professional help that you may be receiving.

About the developer 





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