

from
Harm
to
Calm

**Understanding
and Responding to
Deliberate Self-harm**

Resources for Young People

A resource booklet is also available for parents/carers/professionals.



www.nillumbikhealth.org.au



(03) 9430 9100

The feeling stones



The feeling stone sculptures that feature in this book were created by young women who were involved in the Harm to Calm support group.

**“How will you know I’m hurting,
if you cannot see my pain – to wear it on my body
tells what words cannot explain”**

(15 Y.O YOUNG WOMAN AFFECTED BY SELF-HARM)

from **Harm** to **Calm**

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Nillumbik Health is pleased to present this booklet in response to increased awareness that some young people are deliberately hurting themselves by cutting, scratching, rubbing or burning their skin.

Introduction

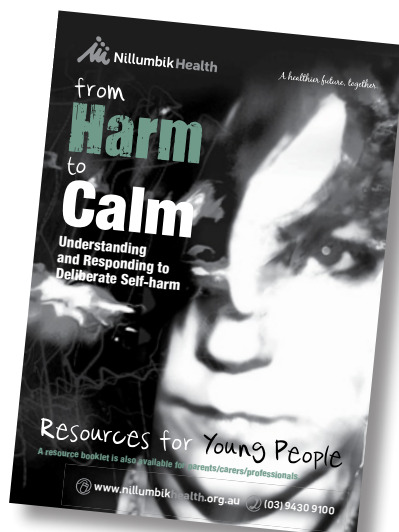


This booklet has been created in collaboration with young people who have challenged self-harm. It contains some ideas for people who want to further understand self-harm, and for those considering trying to find alternative methods to find some calm in their lives.

Young people have contributed their poems, thoughts, stories, photographs and graphics with the hope that in having the courage to share their experiences they can provide support, strength and a sense of hope to others who are also seeking to understand their own experiences of self-harm, and to find alternatives for themselves, or for young people that they know.

Included in this booklet are activities and resources that may help you to reduce or stop self-harming. You can do the activities in this pack alone but it may be helpful to do them with an adult, such as your Student Welfare Coordinator, School Nurse, Counsellor, Chaplain or parents.

A list of contacts is also provided for those who would like more information or help with self-harm or any other issues.



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Self-harm is a paradoxical behaviour in which people deliberately inflict harm upon their bodies.

What is Self-harm?



Self-harm is a behaviour in which people deliberately inflict harm upon their bodies. Favazza¹ defined deliberate self-harm as

“the direct, deliberate destruction or alteration of one’s own body tissue without conscious suicidal intent.”

We use the term self-harm to describe a range of behaviours that some people do to deliberately hurt themselves. It commonly involves scratching, cutting, or burning themselves, most often with the use of an implement. Young people who self-harm, usually do so because of some difficulty they have had. This may include anxiety, depression or stress, bullying, relationship or friendship break-ups, family breakdown, physical, sexual or emotional abuse, but can also involve many other difficulties that people face in their everyday lives.

Many people cope with problems in ways that are risky or harmful to themselves. Some drink or eat too much, smoke or drive too fast, gamble or make themselves ill though overwork and stress. They may do this to numb or distract themselves from problems, thoughts or feelings they cannot bear to face. Self-harm, although more shocking, is very like these more socially acceptable forms of self-harm. Like drinking or over-exercising, hurting oneself sometimes provides an escape from intolerable emotional pain.

Self-harm may be viewed as a way of coping. Self-harm (particularly cutting) is often misunderstood as a failed attempt to kill oneself. However, self-harm rarely results in suicide. Whilst self-harm appears dangerous and destructive, it actually may be an attempt at self-healing or self-preservation.

Many young people experiment with self-harm and it is much more common than most people think.

¹Favazza, A. R. (1996). Bodies under siege: Self-mutilation and body modification in culture and psychiatry (2nd ed.). Baltimore: Johns Hopkins University Press, p225

What is Self-harm?

(Continued)



This is because self-harm is typically a very personal act conducted in private. Young people rarely disclose their behaviour to an adult, seek psychological help or medical attention for self-harm. Consequently, no one really knows how many young people in our community are self-harming. Some young people self-harm just once or twice. For others it can become a habit, a response to any overwhelming situation. Therefore, it is important that the issue is addressed immediately.

The role of self-harm may be different for each person, regardless of similarity of the behaviours. Each episode of self-harm may be experienced differently, attempting to communicate a different message. It is important to explore the role that self-harm plays for each young person, and the context of each episode.

Young people self-harm in this way...

- in response to painful experiences, difficult feelings, and other pressures
 - are often trying to communicate something, be it psychological or physical trauma, inner turmoil or intolerable emotional pain
 - are usually trying to find a solution to a problem and to make themselves feel better
 - usually do not wish to die.
- In fact, self-harm is often described as a way of coping with difficult experiences, not as a way of giving up on life.

“I found it easier to take care of something physical, like a wound, than I did to deal with my emotions”

My father had such high expectations for me and tried to give me every opportunity to improve upon myself. I let him down. I think that I am a major disappointment to him



She had become so numb, using a razor blade to draw the pain that she felt, she released the tension she held by carving into her arms and legs.

She could now see the pain, she could better understand what she could see.

What have I done, you seem to move uneasy....
Maybe getting hurt is a part of my life,
maybe even a part of me.

This is how it goes:
...someone hurts me, I hurt me
...something bad happens, I hurt me
...I feel sad but can't cry, I hurt me
...I am stressed, I hurt me
...I am angry, I hurt me

The next few sections may be helpful if you are considering giving up self-harm

Considering Stopping Self-harm?



The next few sections may be helpful if you are considering giving up self-harm and trying to find alternative ways to cope with painful emotions. They deal with:

- Assessing readiness to change
- Monitoring the self-harm
- Understanding behaviour and cycle
- Having alternatives to consider
- Developing new coping styles.

Are you ready to change?

Deciding to change your way of coping can be stressful. Most people do not self-harm without a considerable amount of underlying stress. Self-harm can become an important part of coping with that stress. You cannot expect to just stop self-harming without developing other coping skills.

To minimise that stress you can spend some time considering your decision to give up...

- Why have you decided to give up at this point in time?
- Think about the benefits of giving up
- Think about some of the threats to giving up
- Expect that it won't be smooth sailing. Allow yourself to slip up at times
- Try to understand yourself – what is your self-harm about?
- Get ready for negative and defeatist thinking that will bring you back down .e.g “I'll never be able to do it”, “There is no point in trying”
- Seek and accept support from others
- Remind yourself of what you are trying to achieve
- Be kind to yourself – tell yourself you are worthwhile and you deserve to feel better
- Set small and realistic goals.

Alderman² (1997) suggests a checklist of things to consider before stopping self-harm.

- ☐ I have a solid emotional support system of friends, family, and/or professionals that I can use if I feel like hurting myself
- ☐ There are at least 2 people in my life that I can call if I want to hurt myself
- ☐ I feel at least somewhat comfortable talking about self-harm with three different people
- ☐ I have a list of at least 10 things I can do instead of hurting myself
- ☐ I have a place to go if I need to leave my house so as not to hurt myself
- ☐ I feel confident that I could get rid of all the things that I might be like to use to hurt myself
- ☐ I have told at least 2 other people that I am going to stop hurting myself
- ☐ I am willing to feel uncomfortable, scared and frustrated
- ☐ I feel confident I can endure thinking about hurting myself without having to actually do it
- ☐ I want to stop hurting myself.

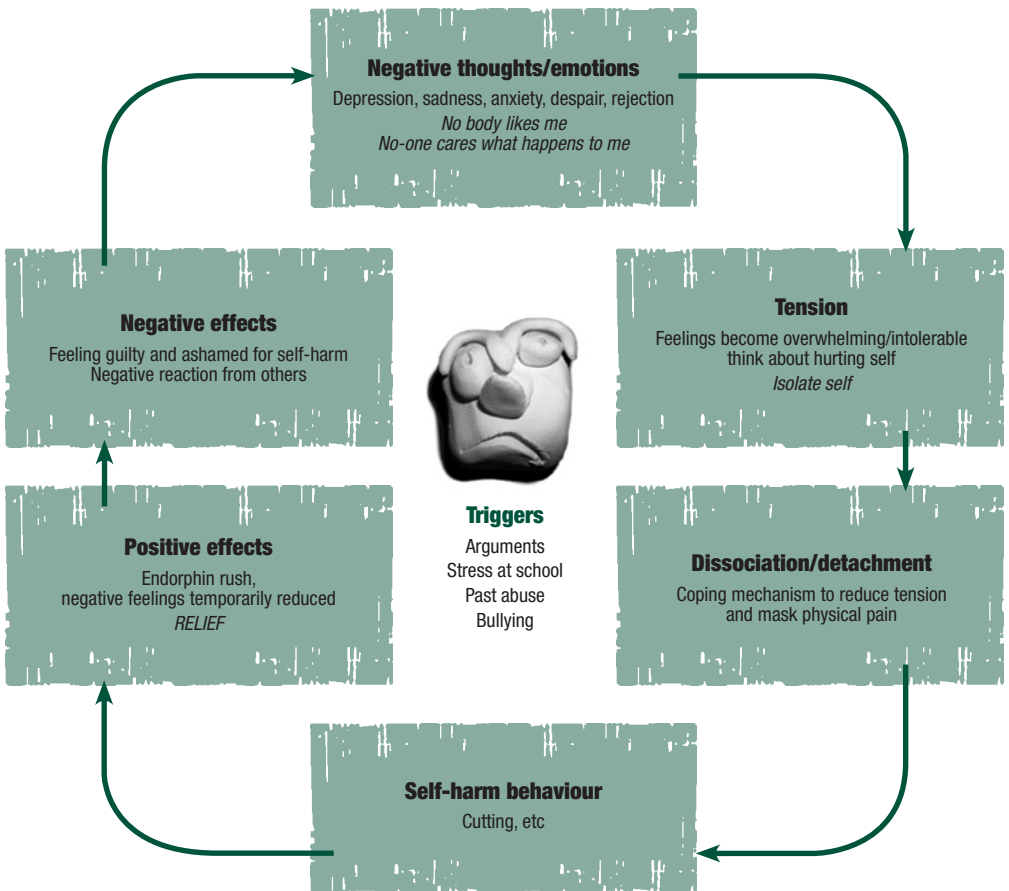
Photo: Aura-Lea Withers



²Alderman, T. (1997). The scarred soul: Understanding and ending self-inflicted violence. Oakland, CA: New Harbinger.

Understanding the cycle of self-harm

In order to stop self-harming it is important to understand the nature of your own self-harm and the role it plays in your life. Many young people describe self-harm as being part of a cycle of thinking, feeling and behaving. If you are able to understand your cycle, the triggers to self-harming, then you can come up with strategies to deal with those triggers.³



³Alderman, T. (1997). The scarred soul: Understanding and ending self-inflicted violence. Oakland, CA: New Harbinger.

Monitoring Self-harm: Thoughts and Feelings Record



The Thoughts and Feelings Record is a tool that can be used to help decrease self-harm.

It helps you become more aware of your thoughts and feelings associated with self-harm. If you can identify what thoughts and feelings are associated with self-harm, then you can use other coping strategies whenever you experience these thoughts and feelings. Filling out the Thoughts and Feelings Record may also distract you from self-harming.

Whenever you feel the need to self-harm, fill out the table on pages 10 & 11 (or make up your own chart), making sure you write an answer in each column. The table should be completed regardless of whether or not you actually self-harm. The Thoughts and Feelings Record can be filled out for a week or even several months, it is totally up to you. However, if you want to gain a better understanding of the feelings and thoughts associated with your desire to self-harm, it is probably a good idea to complete at least 4 pages of the record.



Photo: Sarah Barker

Monitoring Self-harm: Thoughts and Feelings Record (Continued)



| Date & Time | Where was I? | What happened just before I got upset or stressed? | What I was thinking? |
|-------------------|--------------|--|-----------------------------------|
| 24/7/07 8.45pm | Bedroom | I had a fight with Mum 10 minutes ago | I am so alone. Nobody loves me |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| What was I feeling? | Did I use one of my coping strategies (list which)? If not, why? | What was the result? |
|-----------------------------------|--|--|
| Lonely, unloved, sad, hopeless | Yes, I wrote in my journal. Then I rang my aunt who is one of my support people. | It helped me calm down by writing my feelings down & calling my aunt made me feel less alone. |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Considering Alternatives: Breaking the Self-harm Cycle



If you feel like you want to self-harm, here are some strategies that may assist you to break the cycle:

- Give yourself 15 minutes, then reassess. When time is up, can you wait another 15 minutes?
- Ask what you're feeling and work it out. Fill in the chart
- Breathe – inhale through your nose for count of six, eyes closed, mind clear
- Stay in company of others
- Try to delay self-harming.

You may want to consider some lifestyle changes such as

- New ways to cope with feelings
- Learning to nurture and protect self. Journal writing, etc
- Physical activities
- Practice communicating feelings
- Assertiveness training
- Avoid over use of caffeine, alcohol and other drugs
- Try not to spend time with others who self-harm
- Find a therapist
- Groups.



These are the thoughts and words of young people who have experienced self-harm...

What stops / has stopped you self-harming?

- The scars. I am embarrassed about them. I can't get rid of them. I am sick of explaining them to people
- One day I woke up and thought "I have to stop this"
- I promised myself I would stop
- I committed to focus on other things like sport etc
- I thought about myself and that I can't let this beat me anymore. I won't do it anymore – there has to be other ways to get through shit
- It had to come from me. Others hurt me, I hurt me. I kept giving in to it. It was up to me alone to stop
- Knowing one day you might go too far and really badly hurt yourself and end up in hospital or something
- Replace self-harm with something else like music or sport
- The thought of the impact on family members, loved ones and friends
- Finding out what is making you depressed / going wrong in your life and removing it (eg if you feel bad get help / if you have a partner who makes you feel like crap dump them).

Alternatives to Self-harm



Some people who self-harm do so because they have trouble expressing their feelings and emotions. Therefore, it may be helpful to combine some of the substitutes for self-harm listed below with some different ways of expressing your feelings.

- Keep a journal or diary
- Talk to someone who'll listen
- Draw, paint or sculpt
- Write poetry, stories or just words
- Listen to music that represents how you feel
- Crying: into a pillow or cushion if you are worried you will be heard
- Use a punching bag, drum, dartboard or throw soft toys against a wall
- Do some form of exercise, e.g. walking, running, boxercise, tai bo
- Shout or swear on paper or out loud.

Photo: Sarah Barker



*Some of these ideas have been taken from www.crystal.palace.net/~llama/selfinjury/self.html

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Feeling Angry

Do something physical, violent, not directed at a living thing:

- Slash cardboard
- Rip material or phone books
- Flatten cans
- Hit a punching bag or pillows
- Make playdoh and smash it up
- Crank up music
- Do an angry scribble to loud music

Feeling sad, melancholy, depressed, unhappy

Do something slow and soothing,

- take a bath
- curl up under doona
- listen to soothing music
- put lotion on self
- cook something nice
- write in a journal

Craving sensation, feeling depersonalized, dissociating, feeling unreal

Do something that creates a sharp physical sensation

- Squeeze ice cube hard,
- put a finger in frozen food
- eat a hot pepper or put Tabasco on your tongue
- slap a table
- snap your wrist with a rubber band
- stomp,
- take a cold shower
- wax your legs

Feeling bored

Do a task that requires concentration

- Eat a raisin mindfully
- Write lists
- Research a topic
- Play a game
- Do a jigsaw
- Do some meditation

Wanting to see scars or pick scabs

- Get a henna tattoo kit and put henna on as a paste and leave it. Next day you can pick it off and it leaves a red mark
- Try PVA glue. Put it on leave it to dry. Slowly peel/pick it off

Wanting to see blood

- Draw on yourself with red texta
- Make red ice cubes and rub them where you want to cut

Having a Bad Day!



Surprise a friend
Get your hair done

Paint, draw or create

Hang out with a loved one

Sleep

Cook

Go for a walk

Relax

Call a friend

Play a game

Exercise

Visit a friend

Play a musical instrument

Surf the internet

SMS someone

Pamper yourself

Sing

Cuddle your pet or soft toy

Meditate

Creative Arts Ideas



Warm Up Scribble

Take some colours and make some marks on your journal page. Try just experimenting, not trying to make art or to draw a picture – or plan what you want the finished scribble to look like. Just let it happen. Let whatever happen on the paper. Play with colours and different shapes. Find out what kind of lines, shapes, textures and shades of colour you can make. Do this as long as you like. This is a good way to loosen up and get started in your journal, like the way dancers limber up their bodies or musicians tune up their instruments.

Photo: Aura-Lea Withers



Drawing out your feelings

On a piece of paper, make a scribble expressing each of the emotions listed below. Use the colour that best describes each feeling. This is a very personal choice. There is no right or wrong. Use a different section of the paper for each scribble and write the name of the emotion next to or under each scribble right after you have done it.

- | | |
|--------------|-------------|
| ■ Afraid | ■ Depressed |
| ■ Happy | ■ Silly |
| ■ Angry | ■ Lonely |
| ■ Loving | ■ Confident |
| ■ Frustrated | ■ Confused |
| ■ Excited | ■ Hopeful |
| ■ Sad | ■ Peaceful |
| ■ Playful | ■ Calm |

Were there any feelings you found hard?

In what way were they difficult?

Did you have fun drawing any of the feelings? Which one?

How do I feel right now?

Sit quietly and close your eyes for a minute and think about how you feel right now. Pay attention to physical sensations and emotional feelings. See if any images or words come to mind that express how you feel right now. Try and draw these in any form or style – scribbles, shapes, textures or images, or write words. When you have finished, look over what you have done and if you like, write about how this was for you, and what is happening. This exercise encourages you to pause and reflect, and to get in touch with your feelings, and to see where you are at right now. Talk to someone after doing this exercise if you feel you need to.

Meditation / Spiral painting

Working on a scale that feels right for you, paint, draw or sculpt a spiral, going from inside to out. Allow yourself to experience the soothing rhythm as you spiral outwards.

Self love

Produce an image which sums up all the things you like about yourself

Taking stock

Paint or draw images showing aspects of your life:

- How things are now
- How you would like them to be
- What you think you need to do to learn to achieve your desired goals.

Dealing with feelings

Produce an image expressing any strong emotion, such as anger, hate, love or envy. Avoid making a 'nice' picture. Concentrate on expressing the raw emotion.

Transition

Create a large piece of work depicting three aspects of your life

- A previous state or condition
- What you are dealing with now
- How you are wanting things to change.

How I see myself

Draw, paint or sculpt an image which captures as fully as possible how you see yourself. Try to include the positive qualities that you have.

How others see me

Draw, paint or sculpt an image which portrays how you think others see you. Try to include an idea of the attributes that you think you are given by others.

Creative Arts Ideas

(Continued)



How I feel

Paint, draw or sculpt how you feel. Start with your eyes closed for a few seconds. (Try not to think about what the finished piece will look like. Just let it emerge.

Taken from *Creative Art in Groupwork*
(J.Campbell, 1993)

A journal is more than just a book of pages to be filled with each day's happenings. A journal can be your own personal sanctuary, a place to release your thoughts and emotions, give voice to your dreams, and discover insights and issues that might otherwise have remained hidden. A journal is a private record of your life journey, which includes the journey of the mind, heart, body and soul. Used effectively your journal can be an amazing life tool becoming a constant source of guidance, healing and empowerment.

There are an unlimited number of ways to use your journal. Use it to transfer your daily mental chatter from your mind to the page. Clear away old emotional issues as you pen your past, or re-ignite dreams and goals as you begin to re-connect with your inner self. A

few minutes of writing each day is a little like checking your email, you never know what you might find! Some people have a number of journals going at the same time; for daily journalling, drawing and sketching, note taking, list-making, goal-setting, there are no rules

Journalling Tips

- Set aside a regular time for writing, drawing or pasting in your journal e.g. at night in bed, first thing in the morning
- Don't worry if you miss a day or two
- Date each entry
- Don't worry about spelling or grammar
- Write freely...don't edit yourself
- Your journal doesn't need to be restricted to writing, you can draw in it, or stick pictures, poems or song lyrics in it, feel free to be as creative as you like
- Leave a few lines at the bottom of each page, so you can go back and re-read entries and comment on them at a later date e.g. "I was in a really angry, foul mood that day, I feel much happier today."

Sentence Starters

Stuck on a way to start a journal entry? Here are some ideas to start you off....

- If I had more time to do what I wanted, the things I would do more often are...
- Right now I am feeling...
- I sometimes choose to numb and distract myself rather than feel my feelings because...
- It is easier to
 - go with the flow when I let go of...
 - accept this situation when I...
- One way to lighten up my life would be to...
- My ultimate relationship would be...
- If I had a year in which I could do anything I wanted, I would...
- Something I have always wanted to do is...
- I believe love is...
- If I had \$1 million I would...
- I deserve...
- Five things I believe about
 - life are...
 - myself are...
- On my journey thus far, three things I have learned about
 - life are...
 - myself are...
- Taking action toward my ultimate life/self makes me feel ...
- If I had to describe my ultimate
 - self, I would be...
 - life, it would consist of...
- If I could
 - be granted three wishes right now I would wish for...
 - do anything I wanted I would...
- What I
 - am most afraid of is...
 - love most about my life is...
 - would most to love to change about my life is...
- Five things that
 - I love to do are...
 - I am really good at are...
 - I am grateful for are...
- What I really
 - need right now is...
 - want right now is...
- Today
 - I...
 - I am...
 - I feel...
 - was...
- When I was 5
- Write letters about what you would like to say to people (you don't have to send them).

When You are Having a Bad Day



Get some exercise

When we exercise the brain releases endorphins that give you a natural high. They lift your mood, give you more energy and help you to sleep better. Even if you don't really feel like it, doing something physical will help. It's good to get someone to do it with you, make plans ahead of time, or keep an exercise journal.

Take Some time out

Relaxing, taking time out is a good way to clear your mind, recharge batteries, restore health. Take a bath, read for fun, breathe, pat your dog, have a massage, dream, draw, think of nice things, have some fun and distract yourself. Laughter makes you feel good. It is important not to isolate yourself too much. Try to fight depression by joining in with others and socializing.

Put off big decisions

Now is not the time to be making big decisions, like changing schools, quitting a job, etc. Put off these big decisions for a few days and take a holiday from stressing and worrying about what to do.

Eat good food

To feel balanced you need to eat a balanced diet. Eat plenty of fresh fruit and veggies and drink lots of water. Start with a good breakfast; avoid caffeine, as it can make you feel more agitated. Choose carefully what to put into your body. Sunflower seeds and pumpkin seeds are good for a snack as they contain natural anti-depressants.

Talk about it

When you feel down it is easy to withdraw yourself from those who can help you. You might think no-one else will understand. Bottling up feelings is common, BUT facing feelings and talking about them DOES help. If you feel down, try to identify why, and put it in perspective. Talk about it with someone you can trust. Sometimes a cry is also a good release.

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Stick with it

Once you have a plan of how you are going to tackle the issue, stick with it. Commit to try and follow a plan for an amount of time, e.g. give it 4 weeks. Set some reachable goals, chart your moods, make new goals.

Feed your spirit

Work on feeding your personal spirit and sense of self-esteem. Don't yell at yourself, cheer yourself on. Give yourself a break if things don't go right, and congratulate yourself when they do!. Tell yourself that everyone has bad days, but you can get through it. You can feed your personal spirit by: keeping a journal, listening/playing music, writing, walking on a beach or in the bush, collecting things, being creative, going to church if you like it, being with animals, gardening, cooking

Get plenty of Sleep

Sleep is important for recovery and recharging. Try to develop a good routine around sleep, e.g. waking at same time, no napping during day, avoiding stimulants before bed and going to bed at a decent hour.

Photo: Sarah Barker



Coping Strategies



We all react to stress or problems in different ways. The things that people do to manage or deal with stress or problems are called coping strategies. There is no wrong or right way of coping but some ways are healthier than others. People who cope effectively with stress have a whole range of different coping strategies that they use for different situations. The aim of this activity is to help you identify what works and what doesn't work for you.

Coping Strategies

Read each of the coping strategies below and put a tick (✓) in the box that best describes how effective these coping strategies are for you.

- Withdraw (not talking or being around other people)
- Play computer games
- Visit a favourite person
- Eat more
- Fantasise or daydream
- Self-harm
- Think positive about how it will turn out
- Go for a run or walk
- Worry or stress
- Party or socialise
- Eat less
- Run away
- Get sick
- Ask for help
- Talk it over with someone
- Start a fight
- Have a bath or shower
- Pretend it's OK
- Keep a journal or diary
- Drink alcohol or take drugs
- Meditate

[illegible]

Coping Strategies

(Continued)



Have a look at the “Helpful” column, in the spaces provided below write down all of the coping strategies that you have ticked as helpful.

| Coping Strategies That I Found Helpful | Rating |
|--|--------|
| | |
| | |
| | |
| | |
| | |

2. The coping strategies listed below are less healthy than others in the table. If you have listed any of these as helpful put a line through them and do not include them in your rating:

- ☐ Self-harm
- ☐ Run away
- ☐ Eat less
- ☐ Get sick
- ☐ Start a fight
- ☐ Smoke cigarettes
- ☐ Pretend it's OK
- ☐ Eat more
- ☐ Drink alcohol or take drugs

3. In the “Rating” column above, number all of your helpful coping strategies, with 1 being the best, 2 the second best, 3 the 3rd best, and so on.

4. In the space below, please list your top 6 coping strategies.

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |

Congratulations, you have now identified 6 different things that you can use to help you when you feel the need to self-harm, but remember, they won't work unless you actually use them!

The List of Lists

Ways to Identify and Access Resources

People who self-harm often have difficulty identifying and using different ways to cope with the problems that arise in their everyday lives. These lists can help you identify different ways to cope, express your emotions and access support. You don't have to use all of the lists and you may choose to write several a day or one per week, the choice is yours.

1. 20 things that help when i feel overwhelmed
2. 20 things that help when i think i might self-harm
3. 20 things that help when i am having a hard time dealing with things
4. 20 things that help when i am anxious/having panic attacks
5. 20 ways i can comfort myself
6. People who can support me
(identify who, phone number, when to call) e.g.

| Name | Phone No. | Address | Times Available |
|------|-----------|---------|-----------------|
| | | | |
| | | | |

7. Things of the present: how i know what year it is
8. 20 things i really like to do
9. Places i can go when i feel miserable
10. 20 useful things to do with my anger
11. Things that help me cry when i need to
12. Things of beauty & pleasure in my life today
13. Nourishing foods i like (by category if helpful)
14. The things i most need to remember about myself (affirmations)
15. 20 things that help me get / stay grounded
16. My favourite things: a list of treasures
17. Things that are different now compared to five (two, ten) years ago
18. 20 things that help me feel my body
19. 20 other things i can do when i want to drink / use drugs

These lists were taken from Connors, R. E. (2000). *Self-injury: Psychotherapy with people who engage in self-inflicted violence*. Northvale, N.J.: J. Aronson.

Planning for Bumps in the Road!

It is important to plan for set backs that will occur. These may be expected or unexpected stressors. Try and brainstorm what these might be, so that you can plan how you might respond.

| | Triggers | How might you respond |
|-----------------------------|---|---|
| Expected Stressors | <ul style="list-style-type: none"> ■ Teasing ■ Arguments ■ Memories ■ Exams ■ Parents ■ Relationships ■ Stress ■ Boredom ■ Thoughts ■ Friends in need ■ Ongoing conflict with parents ■ Favouritism ■ Depression ■ Fear | <ul style="list-style-type: none"> ■ Talk about it <i>Talk to a Counsellor</i> ■ Meditate <i>Relaxation</i> ■ Avoidance <i>Do something fun</i> ■ Smoke ■ Shut down ■ Walk the dog ■ Watch TV ■ Listen to music ■ Create, draw or paint something ■ Exercise ■ Read ■ Visit a friend or family member ■ Scream ■ Punch a pillow, cushion or soft toy ■ Phone someone ■ Write in your journal, write poetry or song lyrics |
| Unexpected Stressors | <ul style="list-style-type: none"> ■ Teasing ■ Arguments ■ Thoughts ■ Fear ■ Confusion ■ Memories ■ Anxiety ■ Hurt ■ Suffering / Pain ■ Loss / Death ■ Jealousy ■ Feeling like a burden ■ Abuse ■ Fights with others | <ul style="list-style-type: none"> ■ All of the responses above ■ Phone a telephone helpline ■ Kids Help Line: 1800 55 1800 ■ Lifeline: 13 11 14 ■ See the Student Welfare Coordinator, School Counsellor or a Teacher if something happens that upsets you at school ■ Talk to your family, a counsellor and/or an adult you trust outside of school ■ Talk to a Doctor |

Resources



Local Services for Young People and Families

Austin Health Child & Adolescent Mental Health Service (CAMHS)

Phone: (03) 9496 3620

Berry Street Victoria (Northern Services)

Phone: Eaglemont: (03) 9450 4700
Watsonia: (03) 9431 1488

Website: www.berrystreet.org.au

General Practitioner (GP)

Your local doctor is a good place to seek help. If they cannot help you, they can refer you to the appropriate person, agency or organisation.

Youth Support & Advocacy Services (YSAS)

Previously Youth Substance Abuse Service

24 Hour Freecall: 1800 014 446

Website: www.ysas.org.au

Northern Centre Against Sexual Assault (CASA)

Phone: Counselling: (03) 9496 2240
A/H Crisis Line: (03) 9349 1766
Freecall: 1800 806 292

Website: www.austin.org.au/northerncasa

Nillumbik Health

Phone: (03) 94309100

Website: www.nillumbikhealth.org.au

Services Include:

- RECONNECT: Help for young people who are homeless and those at risk of homelessness to become more involved with their family, work, education, training and the community through mediation, counselling and practical support for the whole family.
- Youth Connections: Help for young people at risk of disengaging from education.
- Counselling: General Counselling Service.

(Not including SYYS as it can only be accessed through services and schools)

Resources (Continued)



Local Services for Young People and Families (Continued)

Banyule Community Health Service

Phone: Heidelberg: (03) 9450 2000
Greensborough: (03) 9433 5111
Website: www.bchs.org.au

headspace

Website: www.headspace.org.au

headspace Hawthorn

Level 1
360 Burwood Road
Hawthorn Victoria 3122

Phone: (03) 9006 6500
Fax: (03) 9815 0818
Referral Fax: (03) 9815 2377

Opening hours

Mondays: 2:00pm - 6:00pm
Tuesday to Friday: 10:00am - 6:00pm

headspace Collingwood

Level 1
Victoria Park (Social Club Building)
Cnr Lulie & Abbott Streets
Abbotsford Victoria 3067

Phone: (03) 9417 0150
Fax: (03) 9416 3279

Opening hours

Monday to Friday: 9:00am - 5:00pm
Closed on Public Holidays.

headspace Glenroy

2A Hartington Street
Glenroy Victoria 3046

Phone: 1300 880 218
Fax: (03) 9304 1033

Opening hours

Monday: 9:00am - 5:00pm
Tuesday - 9:00am - 8:00pm
Wednesday & Thursday: 9:00am - 7:00pm
Friday: 9:00am - 5:00pm
Saturday: By appointment only

The Reach Foundation

The Dream Factory
152-156 Wellington Street
Collingwood VIC 3066

Phone: (03) 9412 0900
Fax: (03) 9416 2230
Email: info@reach.org.au

Opening hours

Monday to Friday: 9:00am - 5:00pm

Child Protection Society

Phone: (03) 9450 0900
Website: www.cps.org.au

Royal Children's Hospital

Phone: (03) 9345 5522
Website: www.rch.org.au

National and 24 Hour Services

Youth Beyond Blue

Phone: 1300 224 636

Website: www.youthbeyondblue.org.au

Kids Help Line

Phone: 1800 55 1800

Website: www.kidshelpline.com.au

Mind Australia

Phone: (03) 9455 7900

Website: www.mindaustralia.org.au

Lifeline Australia

Phone: 13 11 14

Website: www.lifeline.org.au

SANE Helpline

Phone: 1800 187 263

Website: www.sane.org

Orygen Youth Health

Phone: (03) 9342 2800

Website: www.oyh.org.au

Anglicare

Phone: 13 26 22

Website: www.anglicare.org.au

Griefline

Phone: (03) 9935 7400

Website: www.griefline.org.au

Parentline

Phone: 13 22 89

Website: www.parentline.com.au

GROW

Phone: 1800 558 268

Website: www.grow.net.au



Self-harm Web Sites

The Internet has a huge array of web sites dedicated specifically to self-harm. As such, the individual should be discerning when viewing material posted on the Internet and it is always wise to remember that information posted on the Internet is not necessarily correct or endorsed by the proper authorities. This is a list of web sites that may prove helpful.

Self-Injury and Related Issues (SIARI) - UK

An informative U.K. self-harm web site compiled by Jan Sutton, author of *Healing the Hurt Within: Understand and Relieve the Suffering Behind Self-destructive Behaviour*. It offers support for individuals who self-harm and those who support them; in the form of message boards, articles, fact sheets, books and an online support group for helpers. It also has an extensive list of links and resources on self-harm and related issues.

www.siari.co.uk

National Self-harm Network (NSHN) - UK

A U.K. focused survivor led organisation committed to supporting those who self-harm and their family and friends. This site has a message board, resources, fact sheets, and documents that may be helpful to those in the U.K., i.e. a poster to print, a self-injury treatment checklist to present to A & E, and an incident report to complete if refused treatment at A & E.

www.nshn.co.uk

HealthyPlace.com - USA

A comprehensive U.S. mental health site offering information and support on psychological disorders and psychiatric medications. It hosts a self-harm community with scheduled self-harm discussion groups and live chat, message boards, conference transcripts, self-injury journals, disorder definitions, medications and personal homepages.

www.healthyplace.com

Samaritans - UK

A web site established by the U.K. and Irish charity organisation, The Samaritans. They provide factsheets about self-harm, links to other self-harm web sites, and a report summary of recent research they commissioned into self-harm, entitled *Youth and Self-harm: Perspectives*. Other documents of interest are *Youth Matters 2000: A Cry For Help* and the *Youth Pack*. The latter is a practical resource for teachers or those working with young people, offering a section on self-harm.

www.samaritans.org

Secret Shame - UK

Deb Martinson's web site containing a wide variety of information for individuals engaging in self-harm and their family and friends. Information includes: what, why, who, causes, diagnoses, therapy, self-help, first aid, living with self-injury, and help for family and friends. It offers quotes from personal stories, references, offline resources and links. This site also has several interactive features, such as live chat (IRC via Java), a web board, a self-assessment questionnaire to assess your immediate need to self-harm and an Internet self-injury questionnaire.

<http://crystal.palace.net/~llama/selfinjury/>

Self-Injury Support - UK

A U.K. web site offering support and information for those self-harming or others wanting to learn more about this phenomenon. It has first aid advice, resources, books, links, a message board, and a support list where individuals who self-harm have posted their email addresses to offer support for other self-harmers.

www.self-harm.co.uk

Young People and Self-harm - UK

A U.K. web site maintained by the National Children's Bureau. Whilst this web site does not supply any general information relating to self-harm, it has established an excellent initiatives database. The Initiatives Database is an international listing of contacts who deal with self-harm in children and adolescents. It includes individuals, groups, organisations and charities running workshops, conducting therapeutic interventions or undertaking research in relation to deliberate self-harm. An online questionnaire is provided for submission to the database.

www.selfharm.org.uk

www.nillumbikhealth.org.au

Mind - UK

A web site maintained by Mind, one of the leading mental health charities in England and Wales. Below is a direct link to their booklet entitled Understanding Self-harm. It contains personal anecdotes and information organised under the following headings:

- What does it really mean to self-harm? Why do people injure themselves?
- Women and self-harm
- Men and self-harm
- Young people
- What's the difference between self-harm and suicide?
- Is there a connection between self-harm and abuse?
- How can I get help?
- What can I do to help myself?
- How can friends and family help?

www.mind.org.uk

NCH - UK

This site is managed by NCH, a prominent children's charity in the UK. There are three documents that can be downloaded free of charge from this site:

- **Self-harm or Self-Injury: Your Questions Answered:** A 2 page leaflet on self-harm (PDF 196k).
- **Look Beyond The Scars Understanding and Responding to Self-harm: A Summary:** A 10 page summary of the report listed below (PDF 317k).
- **Look Beyond The Scars Understanding and Responding to Self-harm:** The full 49 page report (PDF 826k).

www.nch.org.uk



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