

What is this Leaflet For?

We have put together some ideas for helping people delay or avoid self harm, all of which have been suggested by people who self harm. You might try some and think they are not helpful, so try a different technique.

Urge Surfing

The urge to self-harm builds up over a period of time, it is useful to imagine this as a wave on the ocean. Once it reaches it's full height and power it recedes.

Imagine yourself surfing that wave, waiting for the wave to break. Allow yourself time and space to allow the wave to peek and experience it fade away.



Alternatives to Self Harm When the Urge to Harm is Very Strong:

- ★ Hold ice in your hand for as long as you can
- ★ Rub ice on the area you want to harm
- ★ Step under a cold shower briefly
- ★ Draw or write on the areas of your body you want to harm
- ★ Write words on yourself
- ★ Cry (allow yourself to cry)
- ★ Hit a cushion against the wall or bed
- ★ Punch a punch bag
- ★ Throw things safely
- ★ Go for a fast paced walk
- ★ Tear up newspaper or a phone book
- ★ Put a finger in frozen food
- ★ Run your hands under cold water

Talk it Out

1. Talk to a friend/family member
2. Contact a help line to talk about your thoughts and feelings:
3. Talk to people about other things — *ask them to tell you a funny story*
4. ***If the urge to harm yourself or kill yourself is making you feel unsafe then you need to [access emergency help](#).***

HELP LINES

Child Line — 0800 1111

Samaritans — 08457 90 90 90

Support Line — 0208 554 9004

Self Harm Network—0800 622 6000

The Amber Project—02920 344776

Young Minds—08088 025544

Parent Support

Parentline—08088 002222

NSPCC—08088 005000

Mental Health Helpline for Wales—
0800 132 737

Websites

www.bbc.co.uk/headroom

www.nspcc.org.uk

www.youngminds.org.uk/young-people

GP Out of Hours Gwent— 0845 6001231