

# Self-Harm – Toolbox

KS4

30 mins

An activity to get people thinking about how to help someone who self-harms

## What you need:

- Access to list of reputable websites (see below).
- Access to distraction cards if you wish
- Booklets on self-harm available through organisations including Young Minds.
- A copy of the self-harm comic which was made with the input of young people who have experience of self-harm to reflect some of their experiences and feelings about it.

## Method:

- Divide class into small groups of 4/5.
- Give teams design brief: To provide toolbox/top tips for students who may be self-harming.
- Teams can choose to present their top tips however they think most appropriate but they should be able to explain the rationale behind their choice of media.
- Students should present their finished work to the rest of the class.

## Design Brief:

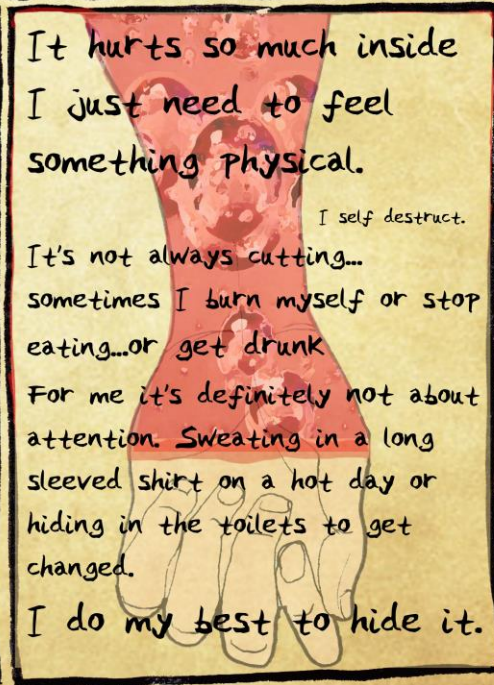
- Draw up a collection of top tips on how to support someone who self-harms. Things to consider:
  - Where to get support.
  - Keeping safe online.
  - Reputable websites.
  - Distraction techniques.
  - What to say and what not to say.
- The tips can be used to form a tool box of objects/leaflets, as a poster, a leaflet, a webpage or presented in another form that young people feel is most helpful and/or likely to reach young people.

## Suggestions for Help

- Tess <http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service>
- National Self Harm Network <http://nshn.co.uk>
- Campaign against living miserably <http://www.thecalmzone.net/>
- Off the Record <http://www.offtherecord-banes.co.uk>
- Life Signs – Self Injury Guidance & Network Support <http://www.lifesigns.org.uk/>
- The Site <http://www.thesite.org/mental-health/self-harm>
- Mental Health Foundation <http://www.mentalhealth.org.uk/publications/truth-self-harm>
- Young Minds [http://www.youngminds.org.uk/for\\_children\\_young\\_people/whats\\_worrying\\_you/self-harm/what\\_self-harm](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/self-harm/what_self-harm)
- Doctor, School Nurse, Friend, Parent/Carer

# CAMHS Self-harm comic

"She must be doing it for the attention."



Described by the young people of Swindon, Wiltshire and B&NES CAMHS Participation Group