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Early signs of Self-harm and why you should get help

1 Scars

2 New cuts, scratches, bruises or other unexplained wounds

3 Excessive rubbing of a specific part of the body or area creating a burn

4 Wearing long sleeves or long trousers, especially noticeable in hot weather

5 Fidgeting with their sleeves or trousers

6 Possessing sharp objects

7 Problems with interpersonal skills and relationships

8 Persistent questions about personal self, such as "Why am I even here?"

9 Tendency to be impulsive, irrational and unpredictable

10 Feeling helpless, hopeless or worthless

Through self-harm you may be trying to:

1. Manage or reduce severe distress or anxiety to offer you relief
2. Provide a distraction from painful emotions through physical pain
3. Feel a sense of control over your body, feelings or life situations
4. Feel something, as all you feel is emotionally empty
5. To express internal feelings in an external way
6. To communicate feelings about depression to the outside world
7. Being punished or perceiving faults that are not their to own