

FINDING SUPPORT

AT HOME

parents/carers, brother/sister or another trusted family member.

IN SCHOOL

school counsellor or nurse, teacher, pastoral staff, teaching assistant or any other trusted member of staff.

GP

you can always talk to your GP about the difficulties you are experiencing

School Nurses Confidential Drop in Service Summer 2017:

from 24th July—29th August

07500783914 – contact for young people to phone for support before deciding whether to drop in.

Support and advice to help young people cope with feelings of anxiety, distress and other emotional difficulties over the summer holiday.

No appointment needed.

Tuesdays:

Nonsuch High School; 10am - 3pm

Wednesdays:

Thomas Wall Children's Centre; 1 - 4pm

Thursdays:

Europa Gallery Civic Centre; 10am - 4pm

CONTACT

Local Support Services in Sutton:

JUMP START

One-to-one counselling sessions for young people aged 11-25 in Sutton. The sessions focus on feelings, beliefs and experiences with the support of a skilled listener. Professionals can refer children ages 11 – 17. Young people aged 14–25 are able to self-refer.

Tel: 020 8680 8899

email: info@jumpstartsutton.org

www.talkofftherecord.org

SKYLINE is a free and friendly online counselling service for young people in Sutton. Skyline provides a safe online space to help young people talk about difficult things they might be facing. An allocated trained counsellor will listen and support the young person.
www.skylinesupport.org



SELF-HARM INFORMATION AND ADVICE FOR CHILDREN AND
YOUNG PEOPLE

MY FRIEND HAS A PROBLEM
HOW CAN I HELP

HELP

LISTEN, TALK, TELL AND ADULT

WHAT IS SELF-HARM?

Self-harm is where someone does something deliberately to hurt themselves. This could be a minor injury such as hair pulling, repeated scab picking, head banging or more serious, sometimes even life threatening injury which may include cutting parts of the body, burning, hitting, swallowing harmful substances or over dosing of medication.

WHY DO PEOPLE SELF-HARM?

Self-harm is often a way to cope with painful and confused feelings for example:

- Feeling sad, worried or angry
- Not feeling very good or confident about themselves
- Being hurt by others: physically, sexually or emotionally
- Feeling under a lot of pressure at school or at home
- Be a way of fitting in with a group of friends and needing to be accepted
- Losing someone close, such as dying or leaving

Supported by Sutton Education Services

When difficult or stressful things happen in a person's life, it can trigger self-harm.

Upsetting events that may lead to self-harm include:

- Arguments with family and friends
- Break—up of a relationship
- Failing or thinking you are going to fail exams
- Being bullied

These things can build up until the young person feels that they cannot cope anymore. Self-harm can be a coping mechanism or can also away to show other people that something is wrong in their lives.

REMEMBER....
that you may become aware of self-harm issues through text messages, what's app, snapchat and lots of other different social media forums. The messages above still apply to any situation.

WHAT TRIGGERS IT?

People may self-harm themselves once or twice at a particularly difficult time in their life and never do it again. But self-harming can become an ongoing way of coping with problems and may occur regularly on a monthly, weekly or daily basis. Deliberate self-harm can bring an immediate sense of relief but is only a temporary solution. It can also cause permanent damage to the body.

WHAT CAN I DO TO HELP ME AND MY FRIEND?

You can really help by just being there, listening and giving support by:

- Be open and honest. If you are worried about your friends' safety you should always tell an adult. Let your friend know that you are going to do this and it is because you care about them and their safety.
- Encourage your friend to get help.
- Allowing them to talk about how they feel is the most important thing you can do. Just feeling that some one is listening and that they are being heard can really help.