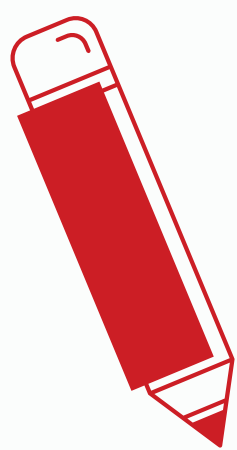


Self Harm Distractions

Written by young people at Wish. Find out what works best for you.



With a pen or red pen, scribble either on paper/ in your journal or on your skin. You can also add water to let the ink run.

Use a Journal to write out how you're feeling, to draw or just to scribble.



Get sour sweets that you can suck. Toxic waste is good!



Use hot sauce to tingle your tongue.



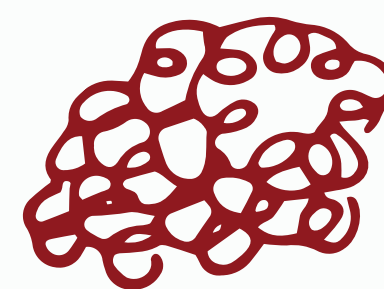
Wear rubber bands or bobbles on your wrist to ping/snap against your skin.



Use paper to rip, to cut up or to create e.g. paperchains.



Use fidgets to keep your hands busy.



Snap Spagetti!



Ring 999 if you need help.

TALK. To a friend, a family member, to a helpline.



Delay: set a timer for 5 minutes, if you make it through 5 minutes without self harming, set another timer.

