



Self Harm Do's & Don'ts

Don't Expect them to stop overnight – it's difficult and takes time and effort.

Don't Become too controlling or make them promise to stop as a condition of your support – provide structure.

Don't Make yourself responsible for their self harm or become the person who is supposed to stop them.

Do React calmly without anger or judgement – talk honestly about the effect their self harm may have but in a way that shows compassion.

Do Talk to them when they feel like self harming and try to understand their feelings.

Do Help them to think about their self harm not as a shameful secret but as a problem to be sorted out together.

Do Find out about getting help and encourage them to get support – maybe go with them to see someone.

Do Make sure that you talk to your supervisor or someone close to you so that you get some support.

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