

SELF HARM



What is self-harm?

Self-harm is when an individual hurts themselves intentionally. Self-harm is usually a way of coping with or expressing overwhelming emotional distress. An individual usually does it because something else feels wrong and it seems like the only way to let those feelings out. It can be the result of another problem such as if an individual is feeling anxious, stressed, depressed or bullied and feels they don't have any other way of dealing with these issues.

There are different ways an individual can self-harm. These may include;

- Cutting or burning their skin
- Punching or hitting themselves
- Poisoning themselves with tablets or toxic chemicals
- Misusing alcohol or drugs
- Eating disorders
- Excessively exercising

How to get help

Speak to any member of College staff or speak to the College Safeguarding Team on 01226 216142 or via email at safeguarding@barnsley.ac.uk

Other support

MIND – 0300 123 3393

Young Minds – www.youngminds.org.uk

Samaritans - 116 123

nspcc.org.uk – 0808 800 5000

ChildLine – 0800 1111 (24 hours)

Family Doctor

We're here to help you

safeguarding@barnsley.ac.uk

01226 216142