

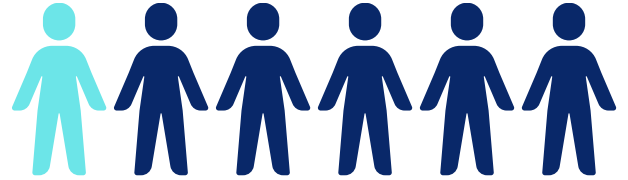
# National Self-Injury Day

1st March 2023



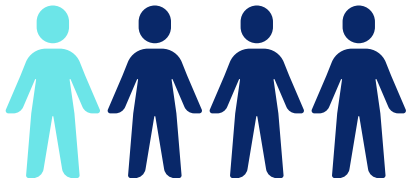
Is the average age of onset of self-harm with peak prevalence during mid-adolescence.

[Source](#)



**1 in 6** 16-24 year olds have self-harmed at some stage in their lives.

[Source](#)



**1 in 4** adults would not feel comfortable talking to their GP or any other health care professional about their self-harm.

[Source](#)

**5%**

of all Childline counselling sessions related to self-harm in 2020/21.

[Source](#)

## Self-harm Resources and Support

*Click on images to download information*



Self-Harm Coping Techniques. Whatever your reason for self-harming, Childline can help you find safer ways to cope. This page contains information about self-harm which may bring up difficult feelings.



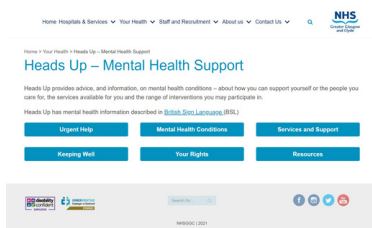
A resource pack is for teachers and professionals working with children and young. It includes teaching support materials and further information in the form of sign-posting to external resources and advice services, references and linked where relevant to the Curriculum for Excellence and other national guidance.



A whole establishment approach to self-harm awareness and training: supports early years, schools and youth organisations to consider how they may implement a whole organisation approach to self-harm awareness and training. Watch a short clip here.



Self-harm. A guide for young people. Find out what self-harm means and what to do if you think you're affected by it.

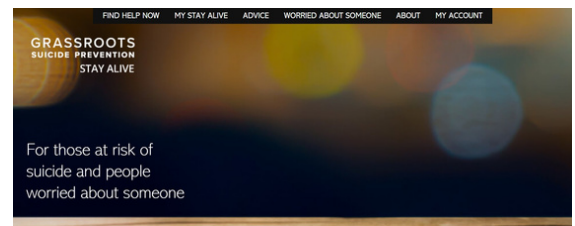


Provides advice, and information, on mental health conditions – about how you can support yourself or the people you care for, the services available for you and the range of interventions you may participate in. Information available in British Sign Language.



LifeSIGNS provides a range of free downloadable fact sheets.

**Stay Alive:** A mobile app for those at risk of suicide or worried about someone. Download for free from the App Store or Google Play.



Provides information on self-harm causes, signs and treatment.

## Helplines



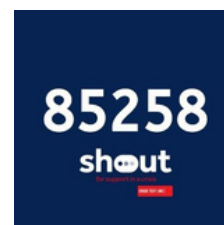
A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. They can be contacted on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.



For children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call **0800 1111**. Other ways are set out on their website: [www.childline.org.uk](http://www.childline.org.uk)



**NHS24 Mental Health Hub** Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.



A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**.



Provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or via email on [jo@samaritans.org](mailto:jo@samaritans.org)