

CHRISTOS COUNSELLING

SELF-HARM



WHAT?

Cutting any part of the body - commonly arms, wrist and thighs •

Taking overdoses of prescribed medication or illegal drugs or substances that cause harm.



Using cigarettes or lighters to burn the skin •

Other risk taking behaviour such as train surfing, high speed driving, and deliberate unsafe sex.



Temporarily relieves/controls/expresses distressing thoughts, feelings and memories. •

Externally expresses to others the pain and distress that the young person is feeling internally.

Experimentation.

To fit in with their peers who are self-harming •
Because they may be suicidal (please note: most cases of self-harm do not have suicidal intent)

WHY?



SIGNS

UNEXPLAINED MARKS ON THE BODY.

WEARING LONG SLEEVED CLOTHING EVEN IN HOT WEATHER.

WEARING WIDE WRIST BANDS THAT ARE NEVER REMOVED.



SECRETIVE BEHAVIOUR.

•
EXTENDED ALONE TIME.

NEGATIVITY.



New brain circuits develop rapidly when young people engage in self-harming behaviours.

Stressor

Cutting = Relief Circuit

This relief circuit becomes harder to break over time. Early intervention is vital.

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