

# SELF HARM

## HOW TO RESPOND



### Avoid being dismissive

Take an interest in your child's life.

Encourage your child to have good self-care practises e.g. enough sleep, nutritious food, down time.

### Avoid being intrusive

Be available.

Spend quality time.

Do fun activities together.



### Avoid belittling

Provide encouragement and affirmation.

Let your child know that you love them (demonstrate this through words of affirmation/gifts/quality time/acts of kindness/hugging them).



### Seek Help

Encourage your child to access online support services such as Headspace, Reach Out and Kids Helpline.

Get professional help from a GP/Psychologist/Counsellor.



### Christos Counselling

'Stars are the scars of the Universe'.

