

Self

It is very difficult to stop self-harming without anything else to replace it and it is a decision only you can make.



BY LEWIS WOODHEAD

For a lot of people self-harm is a way for them to release their inner pain or take their mind off surrounding problems by cutting, burning, scratching, stabbing or bruising themselves; this may take place sporadically or regularly. The people who have this condition can be any age but the majority are young (teens). Often, self-harm starts with an inner turmoil or from experiences that are difficult to handle in the past or present. It is common for people who self-harm to feel lonely or

unable to express their feelings in a suitable way.

Self-harm is becoming more talked about and discussed recently than before and now is a good time for people who do self-harm to talk and share their problems with others. Now, some celebrities are admitting to have had the illness and are helping self-harmers stop their problem. Angelina Jolie, Lara Croft, says that due to stress and emotional pain she felt she had no other way out but to cut herself. "I didn't feel close enough to another person so I'd cut myself." Amy Studt, singer, cut

her arms and legs with scissors because she was being bullied at boarding school. Cristina Ricci, actress burned herself with cigarettes and said "sometimes I would faint from the pain but it was the only way I could cope." It doesn't matter how big or deep the person cuts. If they cut deeper, it doesn't mean they are unhappier, they injure themselves to show they are unhappy.

Do not despair if you do self-harm. Stopping is easier if you can find other ways of expressing or coping with your feelings, **END** there is a

WAYS TO TELL IF SOMEONE YOU KNOW IS SUFFERING FROM SELF-HARM.

- ▶ The person dislikes themselves
- ▶ They can be sensitive to rejection
- ▶ They can be very angry towards themselves
- ▶ They are sad and depressed and possibly even suicidal

If you or a friend self-harms it is important to talk to a professional, i.e. doctor or school nurse.

HELP AND SUPPORT

If you do self-harm you must try and confide in someone that you trust like a friend, parent or teacher who can help you to get support.

Visit:

[Magic Roundabout](#) 23 Richmond Road, Kingston upon Thames, Surrey, KT2 5WB Tel 020 8974 9252. Provides confidential advice and counseling.

Check out:

[www.younglavin.org.uk](#) – loads of advice and contacts

[www.selfharm.org.uk](#) - great information and support website

[www.selfharmalliance.org](#) – supports those affected by self-harm