

Self-harm is defined as intentional self-poisoning or self-injury, regardless of the apparent purpose of the act.

Source: NICE Guidelines 2022

Self-harm is a means to manage difficult emotions or feel some control, keeping a sense of hope. It does not necessarily mean that the person wants to die.

Common forms of self harm

Self-harm can take many different forms, but here are some of the common forms to be aware of:

- Cutting the skin (using sharp objects)
- Scratching or burning the skin
- Hitting or punching oneself or objects
- Interfering with wound healing (e.g. picking scabs)
- Hair pulling
- Ingesting harmful substances (non-lethal amounts of medication, chemicals, etc.)

Why do people self harm?

Self-harm is not a “cry for attention.” Young people may do it to:

- **Cope with overwhelming emotions:** Some young people feel so upset, angry, anxious, or sad that they don't know how else to express or release those feelings. Self-harm can feel like a temporary way to “let the pressure out.” It may bring a brief sense of relief — though that relief doesn't last and often leads to guilt or shame later.
- **To feel something when they feel numb:** Sometimes, emotional pain can turn into numbness — feeling nothing at all. Self-harm might be used to feel something real again, even if it's physical pain.
- **To regain a sense of control:** When life feels chaotic or out of control — due to stress, trauma, or conflict — self-harm can seem like one thing the person can control. It can become a private, secret way to manage what feels unmanageable.
- **To express feelings they can't put into words:** Some young people struggle to talk about emotions or might not have the words for what they feel.
- **To punish themselves:** Feelings of guilt, shame, or self-hatred can lead someone to believe they “deserve” to be hurt.
- **Underlying mental health issues:** Self-harm often occurs alongside: Depression, Anxiety, Trauma or PTSD, Eating disorders, Borderline personality traits, Substance use.



DID YOU KNOW?



Around 20% of young people in the UK have self-harmed. That's equivalent to one in every five teens.

Source: The Mental Health Foundation

Supporting a young person who may be self harming

Stay calm and listen – Don't judge or panic. Listen with empathy and thank them for trusting you. Avoid insisting someone stop self harming immediately. Removing a coping strategy without support or alternatives can increase distress and risk.

Acknowledge feelings – Understand that self-harm is often a way of coping with deep emotional pain.

Encourage safer coping – Suggest alternatives like writing, drawing, breathing exercises, or talking to someone they trust.

Keep checking in – Show ongoing care and help them build a support network.

Get professional help – Tell a family member, GP, or counsellor. In an emergency, call 999 or go to A&E.

If they're in immediate danger: stay with them and call emergency services or contact Papyrus HOPELINE247 (0800 068 4141 / text 88247).

Support & Advice

There are a number of services and organisations that can offer advice and support. Click on the logos to head straight to their websites!



NSPCC



PAPYRUS
PREVENTION OF YOUNG SUICIDE

BARNARD'S

Changing childhoods.
Changing lives.

YOUNGMINDS
fighting for young people's mental health

MENTAL HEALTH
FOUNDATION

NHS



Move it March is back!

HARMLESS
the centre of excellence for
self harm & suicide prevention

Move it March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least **60 active minutes** per day. Last year, **15,919** participants in South Leicestershire took part and moved for a total of **9.2 MILLION** active minutes!

How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts!

LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people



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South Leicestershire Community Board



The All Languages Group

Runs from Oadby Youth Centre on Tuesdays, 11am-1pm for those who have English as a second language – chance to connect and socialise, and local trips arranged.

Contact Louise 0752 692 7372 for more information

JUST SIGN UP
JUST GET ACTIVE
JUST GET INVOLVED
19th January - 22nd March '26

WHAT IS JUST GET INVOLVED?

Want to be more active but don't know where to start? - Let us help you!

- » Access to 60+ classes ran by friendly instructors in South Leicestershire
- » FREE taster sessions
- » FREE reward for your attendance

Let us help you make 2026 your most active year yet!

Family Hubs
Leicestershire

Chill, Chat & Connect

Are you a parent or carer of a young person aged 0-19?
Come along to our family wellbeing advice and drop in session
A safe space to chat

A time for family wellbeing workers to look at any services that may be helpful to you & your family. Children welcome!

Braunstone Town Family Hub, Kingsway North, Braunstone Town, LE3 3BD
Every Monday 12.30pm-2pm



Warm Space

Warm Space at Oadby has now started up and is a very welcoming and lively social group held at the church next to Launde Primary every Friday 11:30-1:30pm.

Contact Louise 0752 692 7372 for more information

WHAT IS JUST?

JUST is a physical activity programme which provides the opportunity for women of all ages and abilities to get involved in activity sessions across South Leicestershire. You don't even have attended an exercise class before to take part in JUST- it's for everyone!

JUST will run between 19th January - 22nd March 2026. During this time, you will have the opportunity to attend a large selection of local activities and collect some free merchandise along the way!

Interested? Want to JUST Get involved?
Sign up to our newsletter for exclusive updates!

