

East Lancashire Numbers:

Lancashire Mental Health Helpline - 0500 639000
Monday to Friday 7 am–11 pm
Saturday and Sunday 12 noon to 12 midnight

Burnley Area Numbers:

Samaritans - 01282 694929
Community Alcohol Service - 01282 416655
Freeflow (women's telephone counselling) - 01282 450545
Substance Misuse Group - 01282 657270
Burnley & Pendle Crisis Resolution Home Treatment Team - 01282 657222
Rossendale, Hyndburn & Ribble Valley Crisis Resolution Home Treatment Team - 01254 226419

Blackburn Area Numbers:

Samaritans - 01254 662424
Community Alcohol Team - 01254 226265
Women's Centre - 01254 583032
WISH - 01254 55111
Maundy Grange - 01254 232328
Brook (25 & under) - 01254 268700

This leaflet has been developed with information sourced from:

NCH, The National Self Harm Network and LifeSIGNS.

If you have any comments about its contents please let us know.

Please retain this leaflet for future reference



www.nhsdirect.nhs.uk

NHS CALL 24 HOURS A DAY ON
Direct 0845 4647

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ADVICE SHEET FOR:

Deliberate Self Harm

DEPARTMENT OF EMERGENCY MEDICINE

**ROYAL BLACKBURN
HOSPITAL**

Emergency Department

Telephone: **01254 734023**

Urgent Care Centre

Telephone: **01254 734293**

**BURNLEY GENERAL
HOSPITAL**

Urgent Care Centre

Telephone: **01282 474050**

East Lancashire Hospitals

NHS Trust

NHS

Deliberate Self Harm

What is self harm?

Self harm describes a variety of ways in which people deliberately inflict physical injury upon themselves. It often appears harmful but is non-suicidal.

- Often it is used as a means of relieving emotional distress.
- It can continue over many months and many years.
- Self harm is not a mental illness or a sign of insanity.

Types of self harm

There are various methods of self harm but some of the most common include:

- Cutting
- Burning
- Hitting self
- Overdosing
- Hitting walls or other hard objects
- Scratching

Who self harms?

Self harm can affect anyone but often it is hidden. Most people self harm in private and feel ashamed and/or frightened.

Why self harm?

People often self harm as a means of coping with difficult emotional feelings as physical pain can be easier to deal with than psychological pain.

- Self harm can provide temporary relief from emotional distress.
- Self harm can help prevent suicide.
- For some people self harm may well be a survival strategy.
- Self harm is not usually an attention seeking behaviour.

If you self harm

Self harm can be a lonely and isolating experience. It is acknowledged that seeking help and support may be difficult.

- Talking about it can provide some relief and there are various ways of finding support that might help.
- This support may be found through counsellors at school, college, the workplace, GP or peer support.
- There are many networks, some charitable, some run by people who self harm or have self harmed and some by local health organisations.
- These networks provide information, support, contacts and guidance on how to get help and are listed at the end of this leaflet.
- There may be times when you need to seek medical advice:
 - If the self harm has resulted in a serious injury
 - If you have taken an overdose
 - If a cut or burn has resulted in an infection
 - If you have lost a lot of blood as shock can develop

If you ever feel suicidal then please phone the Samaritans on 08457 909090 or seek help immediately.

Sources of help and information:

National Self Harm Network
www.nshn.co.uk

The Samaritans
08457 909090
jo@samaritans.org

Bristol Crisis Service for Women
0117 927 9600
www.users.zetnet.co.uk/BCSW

LifeSIGNS
www.lifesigns.org.uk

NCH
www.nch.org.uk/selfharm

PAPYRUS
0870 170 4000
www.papyrus.org.uk

ChildLine
0800 1111

YoungMinds
08000 182138
www.youngminds.org.uk

Mind
0845 660163
www.mind.org.uk

NHS Direct
0845 46 47

Careline
020 8514 5444
www.carelineuk.org