



# Getting help

When you decide to get help, remember you're not alone. Lots of other young people who self-harm have made the same decision - and many have been helped to stop hurting themselves.

One of the best ways to get help is finding someone you can talk to and trust. This could be a friend, nurse, doctor, teacher, social worker, counsellor or youth worker.

If there is no-one you feel you can trust at the moment, there are lots of sources of confidential help and support available.

## What kind of help?

Start by thinking about what kind of help you would feel most comfortable with. If you're not sure what you want, try different things until you find something that feels right.

## Phone Counselling

**Kids Help Line** 1800 551 800

Confidential phone counselling, 24hrs (5-18yrs)  
Web chat or email a counsellor at: [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline** 13 11 14

Confidential phone counselling, 24hrs (all ages)

## Mental Health Support Services

**YouthLink/YouthReach South/Youth Axis** 1300 362 569

Counselling & Psychotherapy (13-24yrs)

**Youth Focus** 6266 4333

Counselling, Education, Peer Support (12-18yrs)

## Headspace

Australia's Youth Mental Health Foundation  
<http://www.headspace.org.au/> 1800650890

## Crisis Situations

You can try these numbers or just go to your local hospital emergency department if your feeling very depressed and/or suicidal.

## Mental Health Emergency Response Line (MHERL)

**Crisis Care** 9223 1111 or FREECALL 1800 199 088

**Health Direct** FREECALL 1800 022 222

Confidential medical advice

## Emergency Medical Support

Calling the hospital before coming in to let them know what is happening.

**Princess Margaret Hospital** 9340 8222  
Roberts Rd, Subiaco (6-16 yrs)

**Royal Perth Hospital** 9224 2244  
Wellington St, Perth

**Sir Charles Gairdner Hospital** 9346 3333  
Hospital Ave, Nedlands



Geoffrey Sambell Centre  
23 Adelaide Terrace,  
East Perth 6004  
Web: [www.anglicarewa.org.au](http://www.anglicarewa.org.au)  
Email: [step1@anglicarewa.org.au](mailto:step1@anglicarewa.org.au)  
Ph: (08) 9325 7033  
Mob: 0418 942 475



223 James St  
Northbridge WA 6003  
Web: [www.youthlink.perthwa.net](http://www.youthlink.perthwa.net)  
Ph: 9227 4300  
For referrals: 1300 362 569

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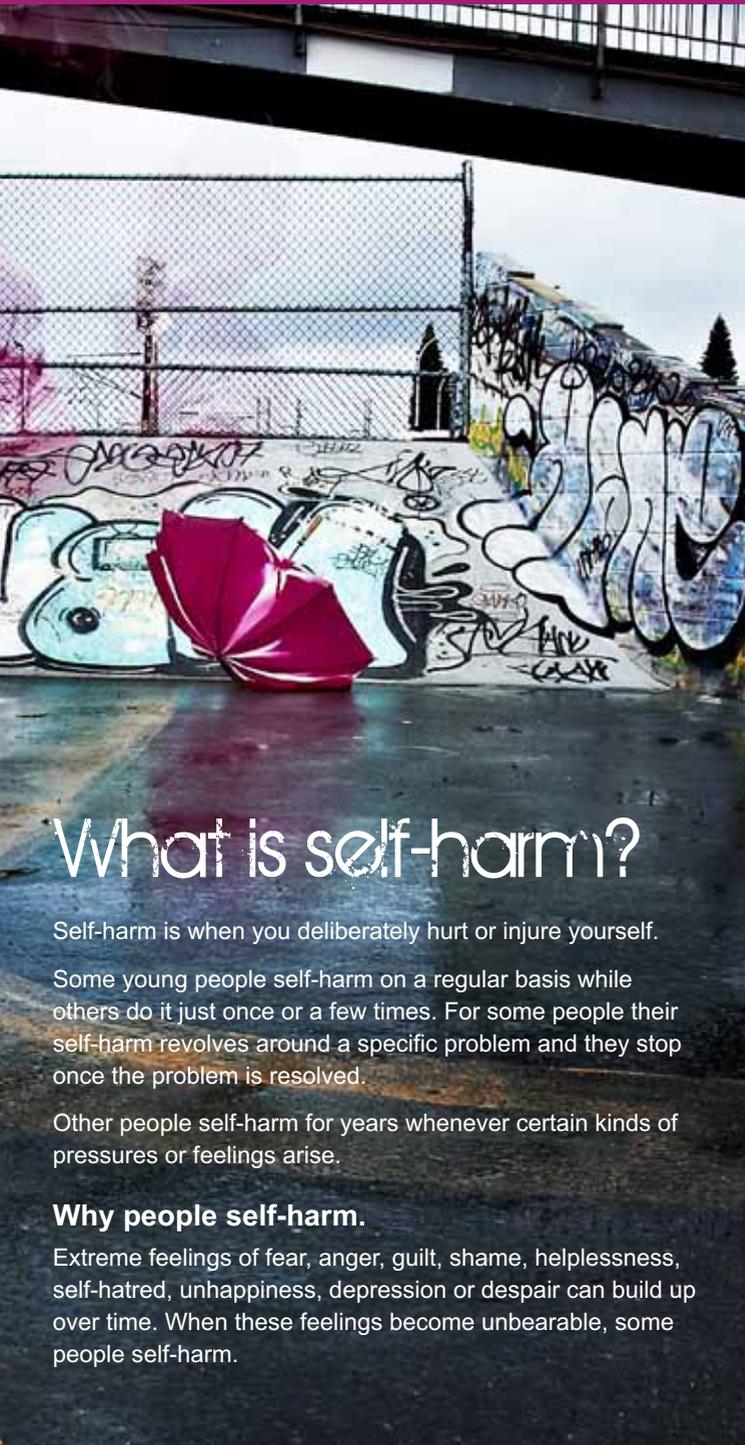


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# Self Harm





# What is self-harm?

Self-harm is when you deliberately hurt or injure yourself.

Some young people self-harm on a regular basis while others do it just once or a few times. For some people their self-harm revolves around a specific problem and they stop once the problem is resolved.

Other people self-harm for years whenever certain kinds of pressures or feelings arise.

## Why people self-harm.

Extreme feelings of fear, anger, guilt, shame, helplessness, self-hatred, unhappiness, depression or despair can build up over time. When these feelings become unbearable, some people self-harm.

## Understanding why you do it

Stopping is easier if you can find other ways of expressing your feelings. To do this you need to try to understand what makes you do it. Lots of people don't know why they hurt themselves so it may be useful to think about:

- What was going on in your life when you first began to harm yourself.
- How you feel just before you want to hurt yourself. Some people find it useful to keep a 'mood' diary so they can write down their feelings at different times.
- Are you always in the same place or with a particular person?
- Do you have any bad memories or thoughts that you can't tell anyone?

## Getting help

Many people who self-harm need outside assistance to help them work through the reasons why they hurt themselves.

There are many ways that you can prepare yourself for getting help.

### Nervousness

Many people get nervous thinking about getting help. This is perfectly natural. Nervousness shows that this is important to you. If you didn't care about getting help, you wouldn't feel nervous.

### Knowing what you need

You might want to think about what you're hoping to get out of therapy or counselling. Do you want to feel differently? Do you want to make different choices?

### Think of someone that cares about you

What 3 things would they want for you, to make your life better?

### Looking for a therapist

Ring around to some of the places on this pamphlet. Have a chat with them about what services they provide. What are you looking for in a therapist? Do you have friends that would recommend someone?

## Your first session

Treat your first session as a test drive, and tell the therapist that. You might want to take someone else with you for support. In the first session the therapist will be wanting to get to know you a little, and get an idea about what you're wanting to achieve. You will be seeing if the counsellor is friendly, a good listener, someone you can trust and work with.

# Helping others

If I see someone who is self-harming, what can I do to help?

### Make sure the person is safe

If you're in a crowd, take them somewhere private. Help them get medical attention or give them something to treat the injury. It's better not to show your shock and to remain neutral. Call emergency services on 000 if you are unsure how serious the injury is or if the person is in danger.

### Listen

Try to understand why they are self-harming. Help them find their own ways to deal with problems that don't involve self-harm. Listen to them, offer help and assist them finding support - but don't force them.

### Try not to be judgmental

Being judgemental will only create barriers between yourself and the other person and won't change anything. If they are willing to talk to you, you are probably one of the few people they trust.

### Find support for yourself

You can call up some of the agencies on the back and talk to them without telling them about your friend. It's important to take care of yourself as you support your friend.