

Summary: How you can help?

- Arrange appropriate medical care
- Listen to the young person (be mindful of your reactions)
- Tell other people where appropriate - ask for help!
- Talk about other coping strategies and offer practical advice



Further Sources of Support

www.selfharm.co.uk

www.cwmt.org.uk

www.youngminds.org.uk

www.mind.org.uk

www.nshn.co.uk/downloads.html

www.barnados.org.uk

www.minded.org.uk

No Harm Done

Further Sources of Support

[http://www.psych.ox.ac.uk/research/csr/
research-projects-1/coping-with-self-
harm-a-guide-for-parents-and-carers](http://www.psych.ox.ac.uk/research/csr/research-projects-1/coping-with-self-harm-a-guide-for-parents-and-carers)