



# Self Harm Coping Strategies

Self harm is Any act which involves deliberately inflicting pain and/or injury to one's own body, but without suicidal intent. It is usually an attempt to stay alive in the face of great emotional pain. Developing new or alternative coping strategies can help replace the need to self harm

- Find someone that you feel comfortable with to share your emotions with**
- Write down your thoughts and feelings and then destroy the paper**
- Keep a mood diary to monitor your thoughts and feelings and discover what your triggers are**
- Phone a helpline (e.g. Samaritans) where you can talk anonymously instead of keeping it to yourself**
- Try and distract yourself with a hobby or interest**
- Delay Self harming to give yourself time to process your thoughts**

Barnsley Office: 01226 211188  
Rotherham Office: 01709 919929

[rbmind.co.uk](http://rbmind.co.uk)

Registered charity no. 1147740



## Further resources

- Samaritans- 116 123
- Self injury support [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)
- National Self harm network -[www.nshn.co.uk](http://www.nshn.co.uk)
- Harmless- [www.harmless.org](http://www.harmless.org)
- Lifesigns -[www.lifesigns.org.uk](http://www.lifesigns.org.uk)
- Selfharmuk -[www.selfharm.co.uk](http://www.selfharm.co.uk)
- Download app The Hub of Hope

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