

# TOP TIPS

## Managing Self Harm in school



**1**

If you notice a young person has self-harmed remain calm and non-judgmental at all times.

**2**

Let the pupil know you have noticed and are willing to listen.

**3**

Avoid asking the pupil to show you their injuries or describe their self-harm

**4**

Encourage pupils to be open with you and assure them that you will help them get the help they need.

**5**

Avoid asking the pupil to just stop self-harming – you may be removing the only coping mechanism they have.

**6**

Don't make promises you can't keep. Be clear on confidentiality and boundaries.

**7**

Enable pupils to feel in control by asking what they prefer to happen and what they feel they need.

**8**

Provide easily accessible information and resources regarding self-harm and mental health to pupils.

**9**

Be aware of the communication systems in your school, the self-harm policy and local resources available i.e. school nurse, counselling services.

**10**

Remember to look after your own emotional wellbeing, let your colleagues support you; don't take worries home.