

# Self Harm

Self-harm is any behaviour that involves the deliberate causing of pain or injury to oneself without wanting to die.

Self-harm can include behaviours such as cutting, burning or hitting oneself, binge-eating or starvation, or repeatedly putting oneself in dangerous situations. It can also involve abuse of drugs or alcohol, including overdosing on prescription medications.

Self-harm is usually a response to distress, whether it be from mental illness, trauma, or psychological pain. Some people find that the physical pain of self-harm helps provide temporary relief from emotional pain.

## Where to go to for support?

In addition to mental health services you should try and talk to someone you trust. You don't have to go through this alone.

Get help and support to stay alive — contact a helpline, your GP, a counsellor, psychologist or psychiatrist, a hospital emergency department, minister, teacher or anyone you trust to keep you safe.

**If life is in danger, call emergency services 000.** It can be very difficult to know what to do and how to cope, but help is available.

Below are some of the places to go for information and support:

