



School

WELLBEING

Newsletter

Each half term, we will focus on a specific emotional wellbeing concern & offer advice and signposting to support parents/carers.

SELF HARM

- ⇒ Self-harm is a symptom of emotional distress.
- ⇒ Self-harm includes but is not limited to cutting, scratching, burning, squeezing it can also include banging the head against something hard, punching things or hair pulling.
- ⇒ 1 in 12 young people in the UK deliberately self-harm (Young Minds, 2018) so if this is something your child or young person has experienced, they are not alone.

For many young people, self-harm can feel like a way to cope with difficult feelings or to release tension. The physical pain of hurting themselves can feel like a distraction from the emotional pain they're struggling with.

Some difficult experiences or emotions can make self-harm more likely in children:

- Experiencing depression, anxiety or eating problems
- Having low self-esteem or feeling like they're not good enough
- Being bullied or feeling alone
- Experiencing emotional, physical or sexual abuse, or neglect
- Grieving or having problems with family relationships.
- Feeling angry, numb or like they don't have control over their lives.



Parent/Carer Support Pack for Self Harm:

[Health & Wellbeing – Sir William Robertson Academy \(swracademy.org\)](http://www.swracademy.org) Scroll down to the bottom of our website and you will find the Healthy Minds parent/carers support pack for self harm.

ALUMINA is a free, 7 week course designed for young people to get support for self harm. It can be accessed in the evenings, on their phones.

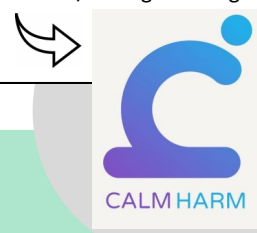
<https://alumina.selfharm.co.uk>

Young Minds have also created a parent pack with lots of useful tips and advice:

[Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)



A useful app that provides tasks to help young people resist/manage the urge to self harm.



SIGNPOSTING

Young Minds Parents Helpline: [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

Parents Helpline and Webchat

We offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25. Here, you can find out more about our Parents Helpline, Webchat and Email service.

If you feel worried about your child's mental health, a trained advisor will listen and talk through your concerns. They can offer advice, emotional support and signposting.

