Where can I get help?

If you or someone you know is in crisis now and need someone to talk to:

- Contact Samaritans on free-call 116123 (a 24-hour listening service for people who are in need of emotional support and are experiencing feelings of distress, despair or suicidal thoughts)
- If you or someone you know, is in crisis now and need someone to talk to:
  - Contact the emergency Department of your nearest general hospital
  - Contact your local doctor or GP out-of-hours service
  - Go to, or contact, the Emergency Department of your nearest general hospital
  - Contact Pieta House (a free, therapeutic counselling service to people who are in suicidal distress or those who engage in self-harm)
  - 1800 66 66 66
  - Contact Childline (a 24-hour support for children and young people in distress) at 1800 66 66 66
  - Contact YourMentalHealth.ie
  - Contact ReachOut.com
  - Contact Bodywhys (offers support, information and understanding for people who are in suicidal distress or those who engage in self-harm)
  - 01 800 85 89, www.bodywhys.ie
  - Visit www.samspire.ie

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Young people who self-harm may have low self-esteem. For some this may be linked to their body image, eating disorders, or drug misuse. Understanding why young people have low self-esteem is a way of helping them become as confident as possible about their lives and themselves.

Peer pressures may occasionally be a cause of self-harm. Young people may feel themselves being judged hard by others who self-harm and may be encouraged or persuaded to do the same.

Young people who self-harm have often had very difficult or painful experiences or relationships. These may include:
- a serious illness that affects the way they feel about themselves
- losing someone close to them such as a parent, brother, sister or friend
- bullying or discrimination
- excessive use and abuse of alcohol and/or drugs
- inhaling or sniffing harmful substances
- lack of love and affection or neglect by parents or carers
- either or sexual abuse
- finding other ways to cope is easier when you begin to recognise the reasons young people have given for self-harming include:
- putting sticking plasters on the parts of your body you want to harm
- cutting
- using a red felt tip marker or lipstick to mark your body instead of putting your hands into a bowl of ice cubes for a short time or rubbing sound, smell, taste and feel like
- focusing on objects around you and thinking about what they look, phoning an adult that you trust
- writing down your feelings in a diary
- doing something you enjoy or trying to think about other things
- When you feel anxious or upset, doing something you enjoy or trying to think about other things: