

Safe Self-Harm



If you feel the urge to self-harm, the Calm Harm App provides lots of alternative healthy coping strategies to try. You can download the Calm Harm App on any apple or android device via the Apple or Google Play Store.

There may be times when you will still self-harm. Staying safe at those times is important and there are things you can do in advance.

Self-Harm first aid kit

Have a self-harm first aid kit ready. You can include:

- Plasters/Dressings
- Antiseptic spray/wipes/cream
- A clean implement you use to self-harm. It is important you don't reuse any implement and that you ensure it is clean. This will help to prevent infection or anything nasty getting into the wound.
- Keep a mobile phone at close hand in case you need to call for help.

Self-Harm basic first aid

The priority is to control any bleeding that results from cutting. If there is still bleeding after 15 minutes, you may need to seek help.

- You should try to apply pressure, using a clean cloth or towel, on top of the wound to stop bleeding.
- After bleeding has stopped rinse the surrounding area with tap water.
- Clean the wound with an antiseptic.
- Apply a plaster/dressing

If you notice any of the below signs, in the days afterwards, you must talk to a parent/carer/trusted adult or medical professional as you may need medical treatment. These are potential signs of infection which will only become more serious without receiving treatment:

- swelling, redness and increasing pain in the affected area
- pus forming in or around the wound
- feeling generally unwell
- a high temperature (fever) of 38C or above
- swollen glands under your chin or in your neck, armpits or groin



If you are a parent or carer of a young person who is self-harming, you may find the following link helpful in providing information about self-harm and how you can support your child: [copy_of_coping-with-self-harm-brochure_final_copyright.pdf](https://www.oxfordhealth.nhs.uk/copy_of_coping-with-self-harm-brochure_final_copyright.pdf) (oxfordhealth.nhs.uk)