

Acute Training Solutions

Self-Harm & Suicide Awareness - What do people who self-harm want?

Situation 1	In a residential unit a girl seems to have injured herself. There is blood around but she will not let anyone see the wound.
Situation 2	A young person has been putting herself at increasing risk with overdoses and self-injury. She says "I don't want to stop self-harming, but I'm scared of going too far one day".
Situation 3	A group of residents come in a panic to staff saying that another resident has a piece of broken glass and is threatening to swallow it.
Situation 4	A service user you work with seems to have started self-harming since seeing others at the unit doing so.
Situation 5	In a group of young service-users there is a lot of resentment towards those who self-harm, who are called 'nutters', 'sick' and 'just trying to get attention'.
Situation 6	A person you work with often has odd marks on their hands and wrists, or sometimes plasters. They do not mention it, but you wonder if they are self-harming.
Situation 7	A woman has recently been having counselling about abuse. Her self-harm seems to be increasing, and is particularly severe after her sessions with the counsellor.
Situation 8	A patient in a secure unit is under constant supervision, as she tends to hurt herself badly whenever she gets the chance. She is due for release and keen to go to a residential project. The project will take her if she controls her own self harm.