

Acute Training Solutions

Self Harm - Deliberate self harm & self injury

Clarifying Terms

“Often I’ve used extreme episodes of self-harm to control suicidal thoughts. Self-harm is about surviving terrible pain. Suicide is permanent”. - Jo

Self Poisoning (SP)	Examples	
	<ul style="list-style-type: none"> Overdosing on prescribed or non-prescribed drugs 	<ul style="list-style-type: none"> Swallowing toxic substances
	Harmful effect: IMMEDIATE	
	Intent: UNCLEAR	
	<ul style="list-style-type: none"> Suicide attempt? Cry for help? 	<ul style="list-style-type: none"> Temporary escape from overwhelming emotions?

Self Injury (SI)	Examples	
	External <ul style="list-style-type: none"> Cutting Burning Scalding Skin-picking Hair-pulling Self hitting Self biting 	Internal <ul style="list-style-type: none"> Inserting objects into vagina or anus (non-sexual intent)
	Harmful effect: IMMEDIATE	
	Intent: CLEAR	
	<ul style="list-style-type: none"> To counteract suicidal feelings To calm and relieve emotional turmoil To castigate - self punish 	<ul style="list-style-type: none"> Control anger and episodes of dissociation (feeling disconnected) To communicate what cannot be expressed in words

Self Harm (SH)	Examples	
	<ul style="list-style-type: none"> • Smoking • Alcohol misuse • Drug misuse • Food misuse • Promiscuity 	<ul style="list-style-type: none"> • Prostitution • Excessive risk taking • Overworking • Gambling
	Harmful effect: LONG TERM EFFECTS	
	Intent: UNCLEAR	
	<ul style="list-style-type: none"> • Individual may be oblivious to or in denial of the long term harmful effects 	

SP+SI=SH
SP+SI+SH = Deliberate Self-Harm (DSH)