

Acute Training Solutions

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

Attitudes & Approach

- Acceptance and respect as a whole person, including their self-harm
- Sensitivity, kindness and concern for their distress and their injuries
- Understanding that there are important reasons for their self-harm
- To keep control and choice about what happens to them
- Confidentiality, and to be clearly informed of any limits on confidentiality
- Reassurance and hope
- To be able to express feelings without disapproval or punishment

Appropriate help

- Access to respectful help and information about injuries, if and when wanted
- Help to address the underlying reasons for their self-harm
- Good support - both ongoing and at moments of crisis
- Help with practical issues in their lives, as appropriate
- Help to develop new ways of coping with feelings and difficulties
- Information and literature on self-harm and other relevant issues