

## Why do young people self harm?

Some people do it because they don't know how else to cope with pressures from family, school and friends. Extreme feelings such as fear, anger, guilt, shame, helplessness, self-hatred, unhappiness, depression or despair can build up over time. When these feelings become unbearable, self-harm can be a way of dealing with them.

## Why do you self-harm?

It does not mean you have a serious mental illness, you may be feeling frustrated, angry stressed or perhaps concerned about an issue that is out of your control.

These issues may include:

- Low self-esteem
- Poor body image
- Bullying or discrimination
- Unwanted pregnancy
- Worries over sexuality
- Cultural/racial difficulties

## How to cope with the thoughts of self-harming

Self-harm is when a person deliberately harms themselves as a way of dealing with difficult feelings or overwhelming situations. Self-harm might make you feel better in the moment and help you cope for a short time. But in the long term, it will probably make you feel worse and can put you in a dangerous situation.

Talk to people around you if you are feeling the urge to self-harm.

Call someone if you're alone at home, call a friend, a family member or a helpline.

Draw on your body with a marker, draw on the place where you are thinking of harming yourself.

Write down your thoughts in a journal.  
Remove anything you use to self-harm from your house; knives, lighters, and whatever else you use even the hidden things need to be thrown out.

[www.getconnected.org.uk](http://www.getconnected.org.uk)

Get Help ➔ Get Connected.



The King's  
(The Cathedral)  
School



## DO YOU NEED TO TALK TO SOMEONE?

**ChildLine** is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything - no problem is too big or too small. Call free on 0800 1111, have a 1-2-1 chat online or send an e-mail.

## I Am Feeling Stressed

It is quite normal to feel stressed particularly during exam time. It can have a positive effect. Stress can help us to accomplish tasks more efficiently, it can help to motivate us, it can help us to focus on our work, it can even help to boost memory.

However too much stress can overwhelm us and can be detrimental. Emotional stress that stays around for weeks or months can weaken the immune system, can make us depressed and even anxious.

Too much stress can lead to anxiety and depression in young people.

Anxiety is more than feeling stressed. It's a serious condition that makes day-to-day life more difficult. It will usually be far more intense than normal anxiety, and can affect our health and day-to-day activities. There are many types of anxiety and the symptoms vary. Everybody feels sad, moody or miserable sometimes. But some people feel sad or miserable most of the time, they stop enjoying life and lose interest in the activities and things they used to like. Depression is more than just a low mood - it's a serious condition that makes it hard to cope from day to day.

## You Need To Talk

If you feel as if you are overwhelmed by depression or anxiety, it is important to seek help. The best person to talk to would be your parent/s/carer; they may contact your GP.

Your GP is able to recognise and treat anxiety and depression. They can help you to work out the best ways to cope and help you to make a plan to get through it. They can also refer you to someone who is an expert in treating mental health conditions, such as a counsellor or mental health professional. The school student support officers are also able to discuss these issues with you.

Many students feel safe to talk to the support staff, they will not judge you. They will discuss all issues, helping you to find a solution and may help you to manage your concerns.

### Our Student Support Officers are:

**Mrs Beaumont (Sixth Form)**

**Mrs Denman (Years 10 and 11)**

**Mrs Palmer (Years 7, 8 and 9)**

### Do you need someone to talk to?

YMCA Counselling Service;

01733 373170 or e-mail  
[counsel-ling@theymca.org.uk](mailto:counsel-ling@theymca.org.uk)



The YMCA offers a free and confidential one to one counselling service for young people aged between 13 and 25 in Peterborough.

**All About Mental Health** [www.allaboutmentalhealth.org.uk](http://www.allaboutmentalhealth.org.uk)

A comprehensive directory of the statutory and voluntary sector support services which target the mental health needs of young people up to the age of 25 in Peterborough.

**Rethink Asian Mental Health Helpline** - 0808 800 2073

A free (from BT landlines) and confidential service specifically for Asian communities affected by mental illness. Staffed by volunteers who speak a variety of Asian languages. Open 4pm-7pm Monday and Wednesday, and 12pm-3pm Tuesday and Thursday.

**Young Minds**



Parents' Helpline 0808 802 5544  
<http://www.youngminds.org.uk>

Helpline offers free confidential online and telephone support, including information and advice to any adult worried about the emotional problems, behavior or mental health of a child or young person up to the age of 25.

**Peterborough Rape Crisis Care Group**

01733 -317899

<http://www.peterboroughrapecrisis.org.uk/>

Peterborough Rape Crisis Care Group is

committed to supporting and empowering female survivors of rape and sexual abuse.

