**What can lead to self-harm?**

* Any experience that causes stress or distress
* Bullying
* Bereavement and loss, and of pets
* Family difficulties
* Trauma
* Self-harm in friends/media
* Abuse
* Academic pressures

**Factors that increase the likelihood of self-harm**

* Disadvantage
* Invalidation
* High expectations and perfectionism (that of self or others)
* Discrimination and marginalisation
* Attachment and stability
* Any experience an individual is struggling to deal with

**Feelings preceding self-harm**

* Anger, frustration, tension
* Fear, panic, anxiety
* Powerlessness and desperation
* Self-hatred, guilt and shame
* Feeling unheard
* Feelings of unreality, numbness and deadness