Self harm--- Is it or isn’t it.

* Driving faster than normal
* Engaging in high risk sports
* Scratching Skin
* Cutting skin, branding, scarification
* Hitting themselves
* Taking an overdose
* Staying in an abusive relationship
* Drinking excessive alcohol
* Not taking prescribed medicine
* Taking unnecessary financial risks
* Swallowing or putting things inside themselves
* Not looking after emotional or physical needs
* Smoking
* Working long hours
* Sharing needles if drug user
* Endangering personal relationships ie; flirting openly or having affairs
* Over-exercising
* Developing an eating disorder

Mental Health First Aid- England

www.mind.org.uk