

# The Self-Harm Iceberg

What We Can See and What We Cannot See

## What People Might See

### On the Outside



Cuts, marks, or bruises



Wearing long sleeves even when it is hot



Being very quiet or wanting to be alone



Big changes in mood



Getting help from a counsellor

## What People Might Not See

### On the Inside

#### Big Feelings



Feeling very upset or hurt



Feeling stressed or overwhelmed



Feeling numb or empty



Feeling angry or frustrated



Having problems with friends or family

#### Hard Experiences



Feeling sad or worried a lot



Going through scary or upsetting events



Feeling bad about yourself



Being hurt by someone



Worries about food or body image

### Deep Thoughts and Beliefs



Not knowing how to cope with big feelings



Feeling stuck or powerless



Feeling ashamed or like you are not good enough



Missing someone or something deeply



Feeling confused about who you are

### Important Message

Self-harm is not about attention. It is a sign that someone is struggling inside.

You are not alone. Talking to a trusted adult can help. Getting support can make things better.

**Recovery is possible.**



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