

YOUNGMINDS

Provides free 24/7 support
Text: YM to 85258

Provides lots of information and

selfharm^{UK}

Provides lots of information
1:1 email support
Online peer support



Provides free 24/7 support
Call for free
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU
01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Do you feel like hurting yourself?



All about self-harm

Sometimes when things are happening in our lives it can leave us feeling overwhelmed, or feeling we have no control over what is happening.

We may feel emotions that, at times, feel so strong that we feel we cannot cope with them or manage them.

There are many reasons why people say that they think about hurting themselves. However, reasons are often different for each person. Some reasons may be, a person is being bullied, they are feeling sad or some people don't know why.

How can I help myself?

- Distract yourself
- Exercise - go for a walk/run
- Rip a piece of paper up
- Concentrate on your breathing (slow and deep breaths)
- Write down what you are feeling (write a poem/song/list)
- Draw a picture
- Flick an elastic band on your wrist
- Hold an ice cube
- Tell someone how you feel

Getting help

You are not alone.

1 in 12 people are affected by wanting to hurt themselves.

Self-harm can affect anybody including celebrities such as Johnny Depp.

There is support available for you.

You may feel like nobody will understand or that people will judge you and it can take a lot of courage to ask for help. Everyone needs help and support at times.

Talk to someone who you trust - this could be a school staff member, a family member, trusted friend or a carer.

Tell them how you have been feeling.

"I need to talk to you about something that is in my head".

What if I do hurt myself?

It is **important** that if you hurt yourself you seek treatment for any injuries.

This may involve showing a staff member at school or a family member/carer.

It is **important** that you do not leave your injuries just because you have caused them yourself

What other support is there?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you

kooth

On Kooth you can



They will chat to you online using a live chat facility or you can send them a message

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you

24/7

Chat online

Call free