

# Self-harm resources



In this resource pack you'll find a range of information flyers, research papers & other documents on the subject of self-harm. These are relevant for professionals, interested individuals and for those who self-harm or feel at risk of self-harm. These have been collated by [Outside the Box](#) as part of our work on Shared Strengths, which is a network of adult who use self-harm as a way of coping and of people who support them.

## Understanding Self-Harm

[Self-Harm Definitions](#) [PDF] [236 KB]

[Myths about Self-Harm](#) [PDF] [81 KB]

[The Cycle of Self Injury](#) [PDF] [36 KB]

## Practical Resources, Posters and Flyers

### **The 'Hurt Yourself Less' Workbook**

This is an interactive workbook, designed for you, if you self-harm or feel at risk from self-harm, that is - any activity that you do to yourself that is not kind or hurts yourself. For many people this is cutting, burning, overdosing, alcohol - but it could be anything from relationships to computer games. Only you can decide what it is and isn't & this book will help you explore and understand it. The workbook is put together by a group of people who have survived years of self-harm and wanted this book years ago.

[The 'Hurt Yourself Less' Workbook](#) [PDF] [1,370 KB]

### **Self-Injury – A Recovery & Evidence Based Toolkit**

This pack provides an overview of research surrounding self-injury covering assessment, interventions and support & includes corresponding worksheets & practical resources.

[Self-Injury Toolkit](#) [doc] [211 KB]

### **Self-Harm Service Skin Camouflage Clinic (Royal Edinburgh Hospital)**

This poster describes the service available from the Royal Edinburgh Hospital which offers a skin camouflage clinic, in partnership with the Red Cross.

[Skin Camouflage Clinic Poster](#) [PDF] [616 KB]

### **Working with Self-Harm Sample Questions**

A helpful document offering sample questions and comments which might be helpful when talking with a young person about their self-harm.

[Working with Self-Harm Sample Questions](#) [PDF] [466 KB]

### The National Self Harm Network Info Booklets

Small booklets with information and advice for young people who self-harm or feel at risk of self-harm; for friends, families and carers of someone who self-harms and on tackling common misconceptions surrounding self-harm.

[Advice for Young People Flyer](#) [PDF] [636 KB]

[Advice for Friends, Families and Carers](#) [PDF] [369 KB]

[Common Misconceptions about Self-Harm](#) [PDF] [374 KB]

## Reports

### Adults Experience of Self-Harm

Outside the Box produced a report which looks at the experiences of people in Scotland around self-harm. Self-harm is generally seen as an issue for young people. We wanted to find out about the experiences and views of people aged over 25. These reports were published in January 2008.

[Adults Experience of Self-Harm: Summary Report](#) [PDF] [982 KB]

[Adults Experience of Self-Harm: Full Report](#) [PDF] [1,241 KB]

### Scottish Government Engagement Paper on the Prevention of Suicide and Self-Harm

This paper has been written to support the development of the Scottish Government's new strategy for the prevention of suicide and self-harm in Scotland. It provides an outline of their understanding and of progress to date and is intended to prompt discussion of key issues, welcoming all views and perspectives on the challenge. This paper was published in February 2013.

[SG Engagement Paper on the Prevention of Suicide and Self-Harm](#) [PDF] [342 KB]

### Responding to Self-Harm in Scotland

This paper was produced by the Scottish Government to map out the next stage of activity in developing services and health improvement approaches - published in March 2011.

[Responding to Self-Harm in Scotland](#) [PDF] [324 KB]

### Hidden Pain? Self-injury and People with Learning Disabilities

This report presents the findings from a UK-wide three-year research project about the views of people with learning disabilities who self-injure. It was published in 2009.

[Hidden Pain? Accessible Summary](#) [PDF] [574 KB]

[Hidden Pain? Summary of Findings](#) [PDF] [189 KB]

[Hidden Pain? Final Report](#) [PDF] [930 KB]