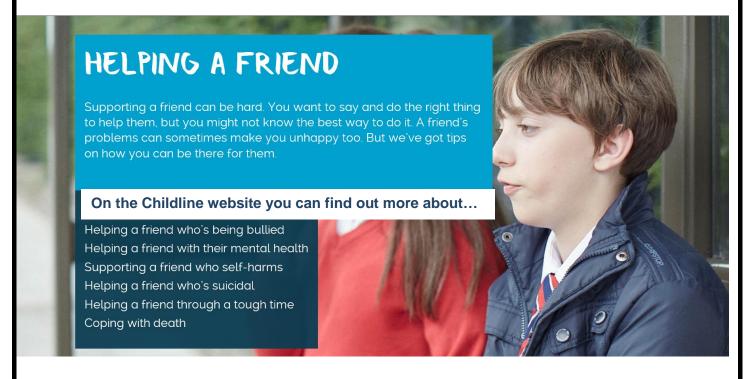
Childline

www.childline.org.uk/info-advice/friends-relationships-sex/friends/helping-friend/



Supporting a friend who self-harms

Finding out someone you care about is self-harming can make you feel worried, confused and a bit helpless.

But there are things you can do to help:

Be there for them

Remember that it might have been really difficult for them to tell you about this. Just being there can help.

· Listen to them

Try not to judge them for what they've told you

Don't pressure them

If you've noticed fresh scars but your friend hasn't explained why they're there, it's important that you don't push them for an answer.

Don't mention it in front of people

They might not feel comfortable talking about it yet.

Let them know that they can trust you

If they want to talk to somebody, make sure they know you can help.

Remember, it's not just down to you to stop someone from self-harming. If you need support, you can always talk to one a Childline counsellor.

In school, all our staff have had safeguarding training.

You can talk to any trusted adult here, who will know where to get any support for you and for your friend.