

**Self-Harm Action Plan**

This action plan aims to help children and young people recognise what may trigger their self-harming, what their warning signs are and what they need to do on a daily basis to minimise their self-harming behaviours.

It is important for people to eat well, exercise where possible, try and get enough sleep and do the things which they enjoy.

**Self-Harm Toolbox**

What strategies do I have to help when I feel like self-harming? (E.g. drawing, popping bubble wrap, walking, cleaning)

What tools do I have to help me when I feel the urge to self-harm? What usually helps? (E.g. stress ball, music, talking to people)

**My Daily Self-Care Plan**

What can I do each day to look after my emotional health? (E.g. talking to people, mindfulness, reading)

What things do I enjoy? (E.g. colouring, spending time outdoors, catching up with friends, writing a journal)

Who do I enjoy spending time with? Who around me is positive? (E.g. siblings, parents, friends, school friends, friends on social media)

**My Triggers**

What situations/people/emotions make me feel the urge to self-harm? (Groups, shopping centres, feeling like the centre of attention)

How can I deal with these without avoiding them completely? (Make plans with a small number of people, go to less busy areas, make people aware of what makes you uncomfortable)

**My Warning Signs**

How do I know when I am starting to feel the urge to self-harm? (E.g. are there changes in my body? Do I have repetitive thoughts? Is there a loss of sensation? Am I starting to make unhealthy decisions?)

**If I Become Overwhelmed**

Who can I call? What do I need to avoid? How do I calm myself down? What are my distractions? Can I delay the urge to self-harm? ‘**This will not last forever’**

**Looking Back**

When the situation is over- what worked well? What didn’t work as well? What other things could I try? Do I need to re-write this plan?