

Self Harm & Suicide

Self-harm

Is when someone deliberately hurts, cuts or injures him/ herself. It's usually a way of coping with or expressing overwhelming emotional distress and can be a call for help. It should be taken seriously. If you self-harm it is very important that you seek help and support. It might seem that nobody understands what you're going through or that you are alone but remember there is help available.

Suicide

If you are feeling suicidal, or are having thoughts of ending your life, it is important that you keep yourself safe. Try to remember that thoughts about taking your life are just thoughts. They do not mean you have to act on them, no matter how overwhelming they are. The most important thing to do if you are having thoughts of suicide is to talk to someone.

REACH OUT TO SOMEONE WHO CAN HELP. IT IS OKAY TO ASK FOR HELP.

Where can I get support with self harm or suicide?

Lifeline

If you, or anyone you know is in distress or despair you can call Lifeline for free on 0808 808 8000. Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

Samaritans

Available 24 hours a day, 7 days a week for anyone struggling to cope. You can call for free on 116 123.

In Crisis: Go to or contact the Emergency Department of your nearest general hospital if someone is in immediate danger.

You can also contact the emergency services by calling 999 or 112.

Contact your local GP or GP Out of Hours service:

A GP can give you information about the supports available in your area.

Self-Harm Intervention Programme (SHIP)

Provides people who self-harm with quick access to support and counselling to help deal with the issues that are causing distress.

<https://www.publichealth.hscni.net/publications/improving-lives-people-who-self-harm>

<https://www.publichealth.hscni.net/publications/caring-someone-who-has-self-harmed-or-had-suicidal-thoughts>

Minding Your Head website

Information on mental health and the supports and services in Northern Ireland

www.mindingyourhead.info/