

# Self Harm

Havering MECC Factsheet

Last updated: 15/05/2026

Self harm is when someone intentionally hurts themselves to cope with emotional distress. It is more common than many people think and can affect anyone, regardless of age, gender or background.

1 in 12 young people are thought to self harm at some point



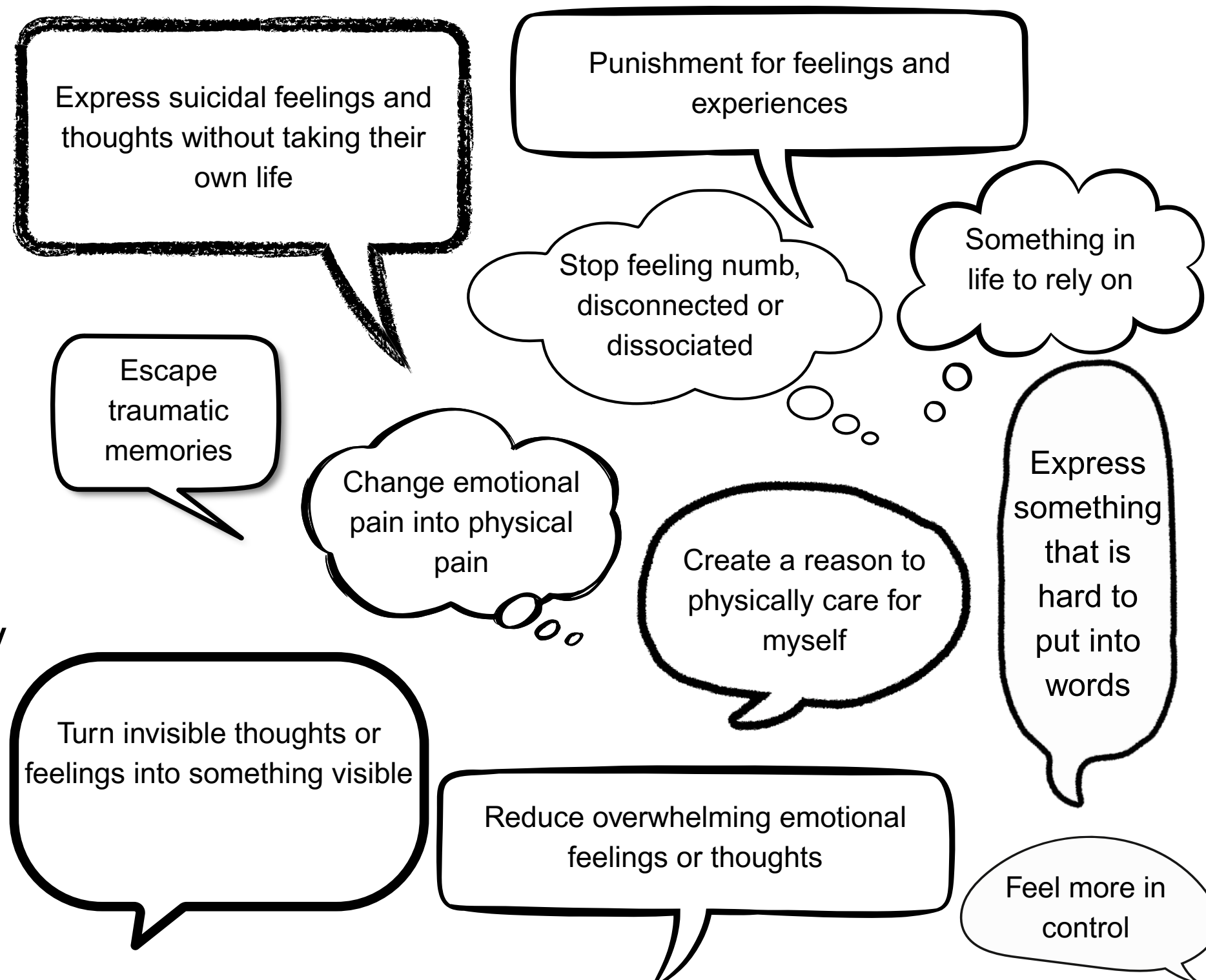
Self harm is often a way to express, cope with or distract from overwhelming emotions

It can become a repetitive cycle that's hard to break without support.



- Whatever the reason, or if the person doesn't know or understand the reasons they self harm, they're not alone, and they can still get help.
- People self harm in various ways; some use one method, others multiple.
- Self harm can provide short-term relief or control but often leads to repeated behaviour.
- Feelings like guilt and shame usually return after self harming.
- Reasons for self harm may be unclear, but help is always available and no one is alone.

Some people have described self harm as a way to:



**For self harm signposting and practical resources, please visit the Havering Suicide Prevention and Self Harm webpage here.**