

Self Harm

Havering MECC Factsheet

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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



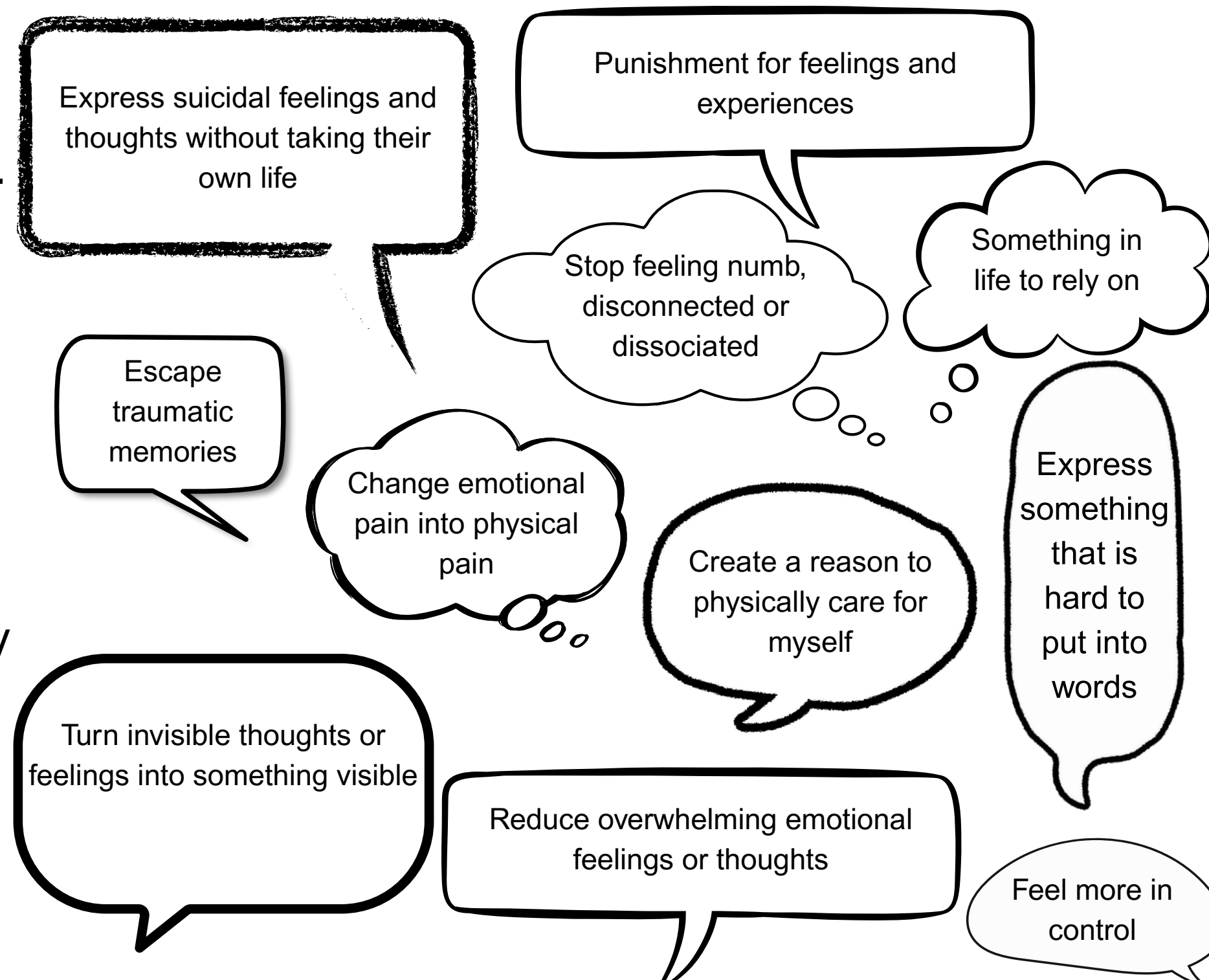
Self-harm is often a way to express, cope with or distract from overwhelming emotions



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 behavior.
- 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.