

Escape. Connect. Relate.

Self Harm

Self Harm is the term given when someone intentionally causes harm to themselves as a way of relieving pain or frustration. This includes self injury, such as cutting or burning one's self, and also things like taking overdoses.

The UK has one of the highest rates of self harm in Europe, and it is an issue that affects people of all backgrounds and all genders

The reasons behind self harming are numerous. A few include low self esteem, sexual abuse, bullying and family breakdowns. For many it can be linked to a need to feel more in control- every individual is different as are their reasons for self harming.

The most important thing is that they do not feel alone and seek support quickly .





ECR Suggested Reads

Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



What Magic is This, by Holly Bourne

Sophia, Mia and Alexis are clinging on to a spark of hope. Could they really be witches with the power to cast life-changing spells? When the three friends gather to cheer up heartbroken Sophia, they're ready to put their theory to the test. But when long-held secrets are revealed and hard truths start to hit home, their night takes an unexpected turn

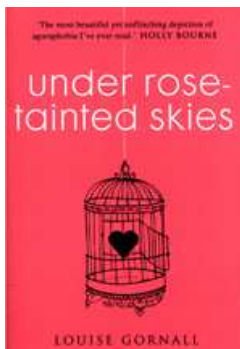
S1+, Dyslexia Friendly



The M Word, by Brian Conaghan

Moya. The M Word. But, please, never mention it... Maggie Yates tells her best mate Moya everything. She tells her about Mum losing her job - how Mum's taken to crying in secret. But at the back of her mind Maggie knows that Mum's crying is more than sadness. That there are no easy fixes. And that she shouldn't be speaking to Moya any more. Because Moya died months ago. An unforgettable novel about grief and healing

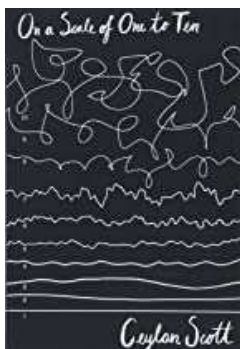
S3+



Under Rose-Tainted Skies, by Louise Gornall

Norah has accepted that the four walls of her house is her life. She knows that fearing everything from inland tsunamis to odd numbers is irrational, but her mind insists the world outside is too big, too dangerous. So she stays safe inside, watching others' lives through her windows and social media feed. Then Luke arrives on her doorstep, he sees a girl who is funny, smart, and brave. Can she let him go for his own good—or can Norah learn to see herself through Luke's eyes?

S3+



On a Scale of One to Ten, by Ceylan Scott

Tamar is admitted to a psychiatric hospital for teenagers. Lime Grove is home to a number of teenagers with a variety of problems: anorexia, bipolar disorder, behaviour issues. But there's one question she can't... won't answer: What happened to her friend Iris? As Tamar's emotional angst becomes more and more clear to her, she'll have to figure out a path to forgiveness. A stunning journey of one girl's mental illness and the redemptive power of truth and healing.

S3+



Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Childline- Helpline for young people to discuss any problems or concerns

<https://www.childline.org.uk>

MIND- works to create a better life for everyone with experiences of mental distress.

<https://www.mind.org.uk>

Young Minds- Advice for young people about what to do when they have problems that are worrying them. Young minds is the leading UK charity committed to improving the mental health and emotional wellbeing of children and young people and empowering their parents/carers

<https://www.youngminds.org.uk>