

5 REASONS PEOPLE SELF-HARM

1

Self-harm often gives an outlet for big, overpowering emotions, or it can be a way to distract themselves from their feelings

2

Self-harm can give an immediate (but temporary) feeling of relief and calm.

3

It can let others know how they're feeling. This isn't attention-seeking, but a way to show feelings they can't put into words, or are feeling shame about.

4

It can be a form of self-punishment. People who are feeling overpowering guilt, shame, or just feeling bad about themselves can turn to self-harm.

5

If someone feels a lack of control over their life, self-harm can give them a sense of control over something.