SELF HARM

Safeguarding@weymouth.ac.uk

What is self-harm?

Self-harm can take many physical forms, including cutting, burning, bruising, scratching, hair pulling, poisoning and overdosing. There are many reasons why young people try to hurt themselves. Rather than being a cry for attention or an attempt at suicide, self-harm is usually a way for young people to release overwhelming emotions.

How to get help

Speak to any member of staff or email your concerns to the college's Safeguarding Team at safeguarding@weymouth.ac.uk

Other support

Harmless - Email: info@harmless.org.uk

Mind - call: 0300 123 3393 text: 86463

nspcc.org.uk 0808 800 5000

ChildLine 0800 1111 (24 hours)