

# Self-Harm: *Building Understanding*

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**Freedom From Harm**

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@FreedomFromHarm | @RachelWelch

*Be Free*  
*#Live Free*  
*MS?*

**‘Self-harm: The world will  
come at you with knives  
anyway. You do not need to  
beat them to it.’**

***Caitlin Moran, How to Build a Girl***

# The Hidden Nature of Self-Harm

- ✧ Communication issues
- ✧ Shame
- ✧ Control
- ✧ Long term consequences

# The Importance of Being Open

- ✧ Highlight risk factors
- ✧ Challenge stigma
- ✧ Reinforce identity
- ✧ Counter pro-self-harm propaganda
- ✧ Provide a voice

# Building Pro-Recovery Understanding

- ✧ Accept self-harm may be the safest option
- ✧ Person-led approaches
- ✧ Redefine recovery
- ✧ Emotions before injuries