

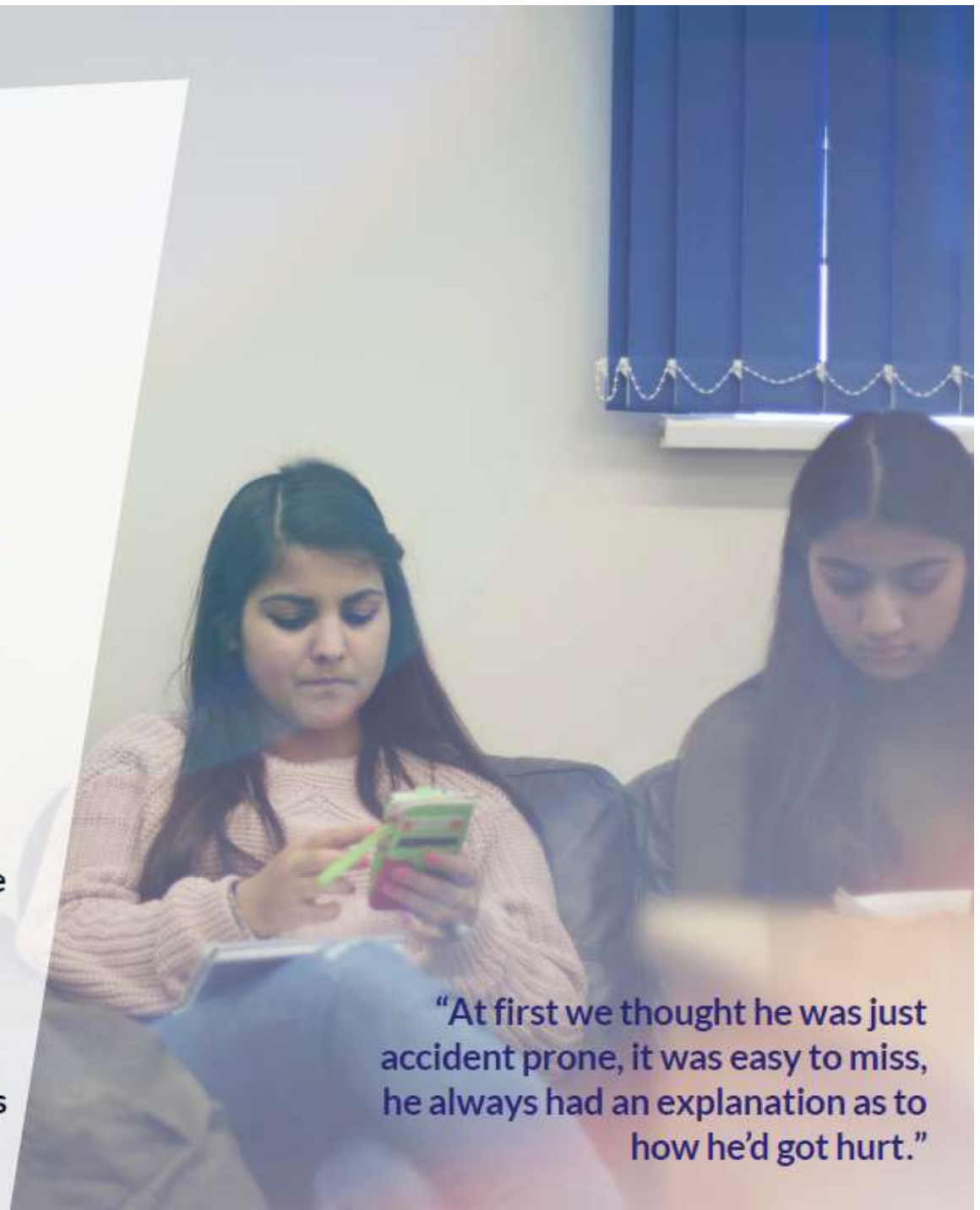
## Self-harm warning signs

There are many signs you can look out for which indicate a young person is in distress and may be harming themselves, or at risk of self-harm, the most obvious being physical injuries which:

- you observe on more than one occasion
- appear too neat or ordered to be accidental
- do not appear consistent with how the young person says they were sustained

Other warning signs include:

- secrecy or disappearing at times of high emotion
- long or baggy clothing covering arms or legs even in warm weather
- increasing isolation or unwillingness to engage
- avoiding changing in front of others (may avoid PE, shopping, sleepovers)
- absence or lateness
- general low mood or irritability
- negative self-talk – feeling worthless, hopeless or aimless



**“At first we thought he was just accident prone, it was easy to miss, he always had an explanation as to how he’d got hurt.”**