



HELPFUL

- ✓ Listening
- ✓ Staying calm
- ✓ Trying to understand why person is self harming
- ✓ Asking person why they are self harming
- ✓ Asking what you can do to help
- ✓ Being sensitive
- ✓ Being Reliable
- ✓ Making a plan to cope with difficult feelings

NOT HELPFUL

- ✗ Making quick judgements
- ✗ Making assumptions
- ✗ Issuing ultimatums
- ✗ Getting angry
- ✗ Forcing the person to talk
- ✗ Telling the person to stop
- ✗ Confiscating self harm equipment
- ✗ Showing disappointment if self harm continues

