



MYTH

✗ People who self harm are manipulative and attention seeking.

✗ People who self harm are trying to end their lives.

✗ Only teenage girls and “hysterical” women self harm.

✗ The severity of the harm is reflective of the level of distress.

FACT

✓ Self harm is a way of coping with emotional distress. People usually self harm in secret.

✓ Absolutely not! People self harm as a means of managing their emotions and trying to cope and survive with difficult thoughts and feelings. It is not usually a suicide attempt. The distinction is in the intent.

✓ Self harm can affect people of all ages, race, gender, sexuality and economic background.

✓ Self harm is about the person and how they use it to cope and does not mean that one person’s problem is “worse” than another’s - we all have different levels of resilience.