

SIGNS OF

SELF HARM

TRAUMA,
STRESSFUL
LIFE EVENT

UNEXPLAINED
CUTS,
MARKS,
BRUISES,
BURNS

CHANGES IN EATING
AND OR SLEEPING
PATTERN

ONLY
WEARING
LONG SLEEVED
CLOTHING

LOW ESTEEM
FEELING
WORTHLESS

SMELL OF DETTOL,
ANTISEPTIC, ETC

SAD, ANGRY, MOODY,
QUIET

Do Not Disturb
NEED FOR SECRECY AND PRIVACY

PLASTERS,
RAZORS,
SCISSORS,
KNIVES,
DISAPPEAR

Engaged
EXTRA LONG TIME
IN THE BATHROOM