



SAFEGUARDING SELF-HARM

What is self-harm?

Self-harm can take lots of physical forms, including; cutting, burning, bruising, scratching, hair-pulling, poisoning and overdosing. There are many reasons why young people try to hurt themselves. Rather than being a cry for attention or an attempt at suicide, self-harm is usually a way for young people to release overwhelming emotions.

How to get help

Speak to any member of staff or email your concerns to the college's Safeguarding Team at safeguarding@grimsby.ac.uk

Other support

nspcc.org.uk - 0808 800 5000

ChildLine - 0800 1111 (24 hours)

We're here to help you
safeguarding@grimsby.ac.uk
07920 860241

