



# 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@scarboroughTEC.ac.uk](mailto:safeguarding@scarboroughTEC.ac.uk)

## *Other support*

nspcc.org.uk - 0808 800 5000

ChildLine - 0800 1111 (24 hours)

*We're here to help you*

[safeguarding@scarboroughTEC.ac.uk](mailto:safeguarding@scarboroughTEC.ac.uk)

07795 612116

