

Help & Information

- Battle Scars - battle-scars-self-harm.org.uk
- Harmless - harmless.org.uk
- LifeSIGNS - lifesigns.org.uk
- National self harm network - nshn.org.uk
- Samaritans - samaritans.org.uk or
FREEPOST SAMARITANS LETTERS
- distrACT - nhs.uk/apps-library/distract
- Shout Crisis Text Line - text SHOUT to 85258




Leeds Older People's Forum

Leeds Older People's Forum is a network of third sector organisations working with and for older people.

We want to ensure older people have the opportunities, choices and support they need to live the life they want.

 @LeedsOPF

 0113 244 1697

 www.opforum.org.uk

Registered charity no: 1191030



Battle Scars is a small, dedicated, 100% survivor-led and run charity offering local, regional, national as well as international support around self-harm.

Leeds Older People's Forum



Self-Harm in over 50s

Raising awareness and breaking the stigma



What is Self-harm?

Self-harm is a coping mechanism to manage difficult feelings, memories, or situations. Self-harm comes in many different forms.

It is important that anyone who self-harms gets the help and support they need.

Self-harm can be:

- Not eating
- Scratching/picking
- Biting
- Cutting
- Pulling your hair
- Burning
- Alcohol/drug misuse

How to help/support someone



Do not:

- Ask them to stop
- Show disgust
- Overreact
- Ask why
- Make assumptions
- Jump to conclusions
- Make them self conscious about their scars

Do:

- Listen
- Be honest
- Offer to talk
- Reassure them
- Try to identify triggers



Just to talk and listen to others in the Battle Scars support groups is good. I think they're helpful and I would've found them helpful when I was younger.

"The worst thing someone can do is to stop it. It makes you angry, and makes you feel worse."

Myself and my friend who also self-harms supported each other, we knew what it was like. No one else understood, but we did.

When I finally told my husband that I was self-harming, I used the "I've got something to tell you" leaflet from Battle Scars. It really helped because it was too hard to talk about it yet.