**Self-Harm Awareness Day**

**1st March 2021**

Every year on 1st March Young Minds hosts National Self Harm Awareness Day to challenge the stigma around self-harm that stops young people looking for help.

Many young people self-harm at some point in their lives, but stigma and misconceptions can make it hard to reach out for support.

**Did You Know?**

* One in 12 young people in the UK have self-harmed.
* 75% of young people know someone who self-harms

It’s often a sign of another mental health problem as is used as a way of relief or escape. It’s dangerous too and can be potentially fatal.

**Why We Need A National Awareness Day For Self-Harm**

We want to spread the message that, if a young person is self-harming, it’s okay for them to talk about how they’re feeling and to look for help.

It’s vital to reassure those affected by self-harm that things can and do get better. It’s hard work to come through it and sometimes it gets worse before it gets better, but coming through it is so worth it.

**Support and Information**

We want to provide and advice to friends, parents and teachers so that they know how to provide the right support to young people self-harming.

**No Harm Done Campaign**

[**No Harm Done**](https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/)was launched by Young Minds to show people currently struggling with self-harm that it is possible to get through it and that the reward is well worth it.

The campaign has created a series of short films and resource packs for young people who are self-harming or at risk of self-harming, their parents and the professionals working with them.

* [Young people’s resource pack](https://youngminds.org.uk/media/1211/no_harm_done_young_peoples_pack.pdf)
* [Parents’ resource pack](https://youngminds.org.uk/media/1209/no_harm_done_parents_pack.pdf)
* [Professionals resource pack](https://youngminds.org.uk/media/1210/no_harm_done_professionals_pack.pdf)

The films for young people, parents and professionals [can be found here.](https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/)



**Further Support**

* [Information on getting urgent help](https://youngminds.org.uk/find-help/get-urgent-help/)
* More advice and support for the parents of young people who self harm – [here.](https://youngminds.org.uk/blog/parents-and-young-people-divided-when-it-comes-to-self-harm/)
* Young Mind’s Parent Helpline - 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)