

Getting Support for yourself.

Support is a crucial part of everyone's life. The saying 'no-one is an island' is true.

We all need each other in order for our lives to feel better and more whole!

Sometimes reaching out can feel incredibly scary. It puts us in touch with feelings of need and vulnerability and also risks us feeling rejected if the person we ask is unable to support us in the way we want. **It is important to give yourself permission to need support and remind yourself that it takes courage to ask for it.**

Things to consider when finding support:

Timing: Try to find a time when the person isn't distracted or busy with lots of other things. They will be more chance of them being able to hear what you say.

Confidentiality If you approach someone for support about self-harm it is important that you know what their rule is about confidentiality. Some people in jobs like teachers have to pass information on by law. Others like school nurses can keep more confidentiality. It will help you to feel safer if you check out the confidentiality rule before telling someone too much about yourself.

What you are asking for. Sometimes it can be helpful to let the person know what support you would like. You might not always know and that is also fine. If you do have an idea and are able to put it into words see if you can communicate this directly as well.

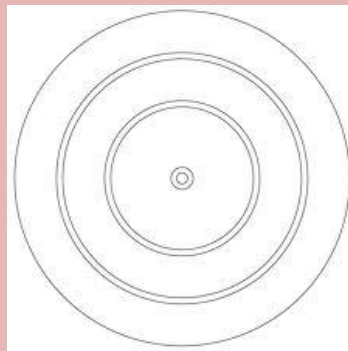
- ✦ *'I would like to be able to ring or text you when I feel like hurting myself so I can talk to you instead.'*
- ✦ *'I want to come and talk to you once a week about why I feel like hurting myself.'*
- ✦ *'I want to talk to you about self-harm, I don't want you to tell me to stop, I need someone to listen and not judge me'.*
- ✦ *'I want to sit with someone who won't ask me questions or expect me to talk.'*
- ✦ *'I want you to help me find a counsellor'*
- ✦ *'I want you to help me find some other ways of expressing my feelings'.*

If a person says they can't support you.

Don't assume that it's personal to you. There are lots of different reasons why a person can't offer support sometimes – they may be busy, have their own difficulties going on or they may not be the right person for what you want. Watch out for thoughts that tell you that you were wrong to ask and have an opposite thought ready in return *'It's ok for me to need support, it's brave to ask and just because someone says no it doesn't make me wrong for asking.'*

Creating a support circle

Draw three circles, each one inside the other



In the middle circle write the names of people / services you trust and know that you can ask for support from when you need to. In second circle write the names of people who you may sometimes be able to talk to but would say less to. In the third circle write the names of people / services / where you can spend time doing things together but where you don't necessarily share what you are feeling. Around the outside of the circle write all the non-human things in your life are supportive, animals, nature, parkour, art, music, writing, crying, food, walking, gaming etc etc.

Is your circle the way that you would like it to be? If not, how would you like it to be different? Can you identify one thing that you could do to build it into how you would like it to be? One conversation you could have, one activity you could start, or one message you need to give yourself to let go of any resistance to getting the support you need....

Further sheets that may be helpful:

[telling someone I self-harm](#) [Having counselling](#)