



Having counselling

What is counselling? Counselling or therapy is a form of support that helps people to understand more about why they feel like they do and find ways that to deal with difficulties. It often involves talking but also sometimes a counsellor will use art or writing and be one to one or in a group setting.

Will it make me feel better? In the long run counselling should help you to feel better. However a lot of people find that they feel worse before feeling better because feelings and experiences that have been blocked or buried will come to the surface. It may seem confusing for this to happen and if you self-harm you may feel that you need to do this more at times.

If you start counselling it is very helpful for you to have a list of things that you can do to comfort yourself as you let some of your feelings come.

What if the counsellor doesn't know anything about self-injury? All counsellors should have done a thorough training but it may not have covered a lot on self-injury. It is fine for you to ask about their experience of this issue and also for you to take information in with you if you have some that you think is helpful. Remember that even if you have a counsellor who does have lots of experience with self-injury you are still the expert on your own experience. The role of the counsellor is to help you to find your own answers rather than tell you what to do.

How can I get counselling? There may be a counsellor in your school, college, Uni or even workplace. You can also sometimes get free counselling near where you live. [Youth Access](#) has a directory you can search to see what is available locally.