

What is it?

Self-harm is when someone purposely hurts a part of their own body. Some common forms of self-harm are cutting, burning, and picking at wounds or scars. Taking too much medication, drugs or alcohol are also types of self-harm. There are many reasons why people self-harm, but help is always available. It is really important to get help as soon as problems start. Talking about self-harm with someone you trust, like a close family member, friend or teacher, is a good first step.

What will my GP do now?

It's not easy to talk about self-harm, but your GP is here to help. Your GP will continue to talk to you about your feelings and the reasons for the self-harm.

Your GP will also:

- Work out the best treatment for you - which could be counselling, medication, support services or a combination of the three
- Give you a list of services that will help to support you
- Give advice to your friends or family - but only with your consent
- Help you make a safety plan - a safety plan is a series of steps to help you keep safe if you are at risk of self-harm in the future

Your GP will always work with you to ensure your safety.

What will my GP do in the future?

Your GP will want to see you in the next 1-2 days to continue these discussions and give you supports. You will also need to see your GP regularly to talk about how you're feeling. If your treatment is helping you feel better, you may need to see your GP less often.

What can I do?

Continue to talk to your GP and other health professionals. Try to be as honest as possible with yourself about how you are feeling and what is causing you to feel this way.

Remember, there is no judgement, only support. Make a safety plan, and keep it with you. Your safety plan will remind you what to do when you're feeling down.

For many people, counselling can make a big difference. Consider talking to your GP about a referral to a counselling service. Also, try to stay active and social.

Consider the activities you enjoy, or once enjoyed. Keep in mind that drugs and alcohol can make you feel worse. Try and reduce these as much as you can.

Accept support, and let others help you.

Emergency Support

For 24-hour emergency support, phone the Mental Health Line on 1800 011 511

When should I call an ambulance?



If you feel like you are at risk of seriously harming yourself or ending your life or if you have serious injuries, call Triple 0 (000)

Self Harm



What questions could I ask my doctor?

- Who can I talk to if it gets really bad?
- Should I avoid drinking/taking drugs?
- What can I do if I go home and start to feel worse again?
- What can I do to work on this myself?
- Who can I talk to if I don't have any support at home?

Confidentiality

Whatever you tell your GP is private. Your GP will always take steps to protect your safety if you are at serious risk of self-harm, harm to others, or harm from others.

What supports are available?

There are many local supports to help you, or someone you know.

For Immediate or Urgent Support

There are a number of options if you are in crisis. You can:

- Go to your local emergency department
- Phone the Community Mental Health Emergency Teams on **1800 011 511**
- Phone Lifeline on **13 11 14**
- Phone the Kids Helpline on **1800 551 800**
- Phone the Beyond Blue Suicide Support service on **1300 224 636**
- Phone the Suicide Call Back Service on **1300 659 467**

Public Mental Health and Counselling Services

South Western Sydney Local Health District provides mental health services for children, young people, and adults. They offer assessment, treatment, and short-term support. Refer by calling **1800 011 511**.

Primary and Community Health also have counselling services for children and young people who are not in crisis. To refer your child, phone **8788 4200**. If you are a young person, you can refer to Youth Health Services. Visit swslhd.nsw.gov.au.

headspace

Centres are located in Bankstown, Liverpool, and Macarthur. Visit headspace.org.au

District Child and Adolescent Mental Health Service

Mental health services for children and their families.

- Bankstown: Phone **9780 2777**
- Fairfield: Phone **8717 1700**
- Bowral: Phone **4861 8000**
- Liverpool: Phone **9827 8011**
- Macarthur: Phone **4621 5000**

South Western Sydney Local Health District Mental Health Services

The Community Mental Health Emergency Team provide quick responses for local people in need of support. Phone **1300 787 799** (24 hours).

Private Providers

There are many private mental health providers in south western Sydney. Talk to your GP about a referral and rebates for a child psychologist or other specialist.

Want more information?

Head to Health hubs are located in Bankstown and Liverpool. Call **1800 595 212** Monday to Friday, 8.30am to 5pm (except public holidays) to talk to a trained professional about the appropriate support for you.

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory is an initiative of South Western Sydney PHN

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