



SELF HARM

safeguarding@gloscol.ac.uk

What is self harm?

Self-harm can take lots of physical forms, including cutting, burning, bruising, scratching, hair-pulling, poisoning and overdosing. There are many reasons why young people try to hurt themselves. Rather than being a cry for attention or an attempt at suicide, self-harm is usually a way for young people to release overwhelming emotions.

How to get help

Speak to any member of staff or email your concerns to the college's Safeguarding Team at safeguarding@gloscol.ac.uk

Other support

Harmless - Email: info@harmless.org.uk

Mind - call: **0300 123 3393** text: **86463**

nspcc.org.uk **0808 800 5000** | ChildLine **0800 1111** (24 hours)