



Nillumbik Community Health Service

from
Harm
to
Calm

**Understanding
and Responding to
Deliberate Self-harm**

Resources for Young People



Australian Government
Department of Health and Ageing

This project is supported by the National Suicide Prevention Strategy,
Department of Health and Ageing

The feeling stones



The feeling stone sculptures that feature in this book were created by young women who were involved in the Harm to Calm support group.

**“How will you know I’m hurting,
if you cannot see my pain – to wear it on my body
tells what words cannot explain”**

(15 Y.O YOUNG WOMAN AFFECTED BY SELF-HARM)

from Harm to Calm

From Harm to Calm Program, Nillumbik Community Health Service

The program acknowledges the generous support of the following organisations and members of the community:

- Eltham Rotary,
- Eltham Chamber of Commerce,
- Brock Foundation,
- Ray White Real Estate, Eltham
- Eltham Rural Group
- Victoria Milne
- Warwick Draper
- Greensborough Secondary College
- Accessoride,
- Bridges Restaurant, Hurstbridge

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Thank you to all our generous supporters

This booklet has been created for young people by the From Harm to Calm Program, in response to increased awareness that some young people are deliberately hurting themselves by cutting, scratching, rubbing or burning their skin.

Introduction



This booklet has been created in collaboration with young women who have challenged self-harm. It contains some ideas for people who want to further understand self-harm, and for those considering trying to find alternative methods to find some calm in their lives. Young people have contributed their poems, thoughts, stories, photographs and graphics with the hope that in having the courage to share their experiences they can provide support, strength and a sense of hope to others who are also seeking to understand their own experiences of self-harm, and to find alternatives for themselves, or for young people that they know.

Included in this booklet are activities and resources that may help you to reduce or stop self-harming. You can do the activities in this pack alone but it may be helpful to do them with an adult, such as your Student Welfare Coordinator, School Nurse, Counsellor, Chaplain or parents. A list of contacts is also provided for those who would like more information or help with self-harm or any other issues.

Thanks must go to the young people and their families who participated in the From Harm to Calm program since 2004, and for their continued support for the project.

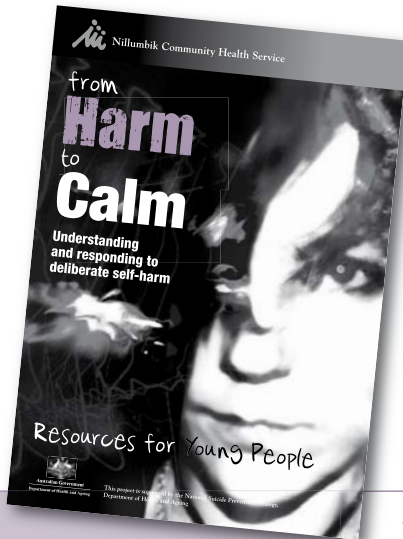
Madeline Wishart and Kylie Peters have both contributed enormously to the development of this booklet, and have been instrumental in their work on the From Harm to Calm Program since 2003.

Thanks also to the continuing support of the staff at Nillumbik Community Health Service, local School Welfare/Wellbeing Staff, other local organisations who support young people and families, and those in the community who have assisted the program in so many ways.

For further information about From Harm to Calm or to obtain a full copy of the resource booklet:

call (03) 9430 9100
or email nchs@nchs.org.au

From Harm to Calm Program
Community Development Program
Nillumbik Community Health Service



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