

SELF-HARM & SOCIAL MEDIA

BAD FOR EACH OTHER?



WHAT IS SELF-HARM?

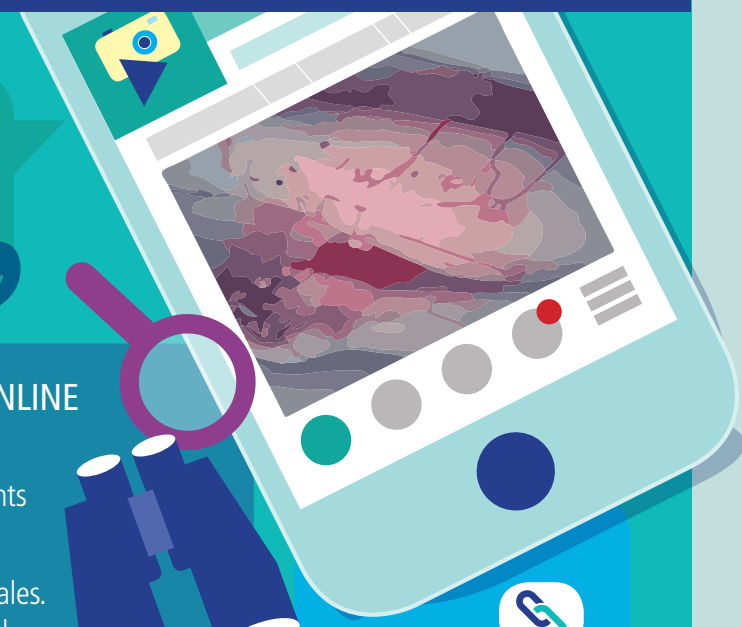
When somebody intentionally damages or injures their body, it is usually a way of coping with or, expressing overwhelming emotional distress.

“ i feel like the universe is just trying to see how far i'll bend before i break and everything's fine but i wish i were dead ”

SELF-HARM IS OFTEN HIDDEN, EVEN ONLINE

We examined Instagram and Twitter exchanges using social media listening tools of open accounts of people who self-harm were mined.

71% of the identified accounts belonged to females. As many platforms block terms linked to harmful behaviours, terminology evolves as users develop new words and phrases, and the most graphic and harmful material is confined to exchanges in private accounts.



SHARED ONLINE IMAGES OF SELF-HARM

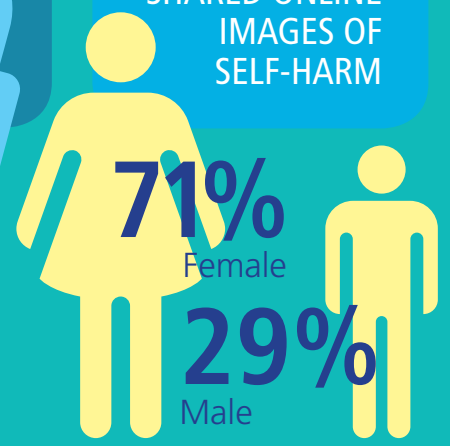


In social networks, experiences shared through photos and videos, can encourage competitive, aspirational behaviour.

ONLINE CODES FOR MENTAL HEALTH PROBLEMS #MySecretFamily'

#MySecretFamily		
Disorder	Girls	Boys
Anorexia	Ana	Rex
Bulimia	Mia	Bill
Paranoia	Perry	Pat
Anxiety	Annie	Max
ADD/ADHS	Addie	Andy
OCD	Olive	Owen
Borderline	Bella	Ben
Bipolar	Bri	Bob
Schizophrenia	Sophie	Skip
Insomnia	Izzy	Isiah
	Ed	

SELF-HARM CONVERSATIONS FROM TWITTER



Gender split of young people who **talk** about self-harm (we don't really know the exact gender split between people who actually self-harm)



Building emotional resilience and encouraging open conversation

[Visit Rise Above](#)



[The Public Health Schools Programme](#)

- a whole school approach to health improvement for staff, parents / carers and children / young people



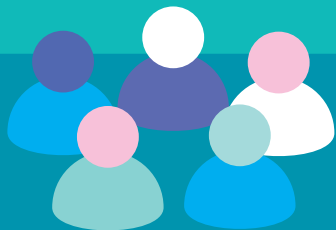
Standards of Medical and Mental Health Support

[Read the report](#)



The online portal and guide to services for young people in Brighton & Hove

[Visit Where to go for](#)



[selfharmUK](#) – A safe, pro-recovery website that supports young people who self-harm, as well as their parents, carers and the professionals who support them.



[Watch the Guide for Parents' video](#)



[Watch the Young Minds video](#)