


# Facts About Self-harm

	Myth?	Fact?
An individual who self-harms deserves support from others around them		
Anyone of any gender can self-harm		
Self-harm is an indicator of bigger problems underneath the surface		
Self-harm has a number of different reasons - it can be a coping strategy, self-punishment or a way for the person to feel something when everything else feels numb		
Individuals of any age can self-harm		
Self-harm can bring about temporary relief and calmness, however this can be followed by guilt and shame which can then prompt the initial feelings that caused the self harm, making it difficult to stop.		
Anyone can self-harm regardless of race, culture, religion or sexuality		

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