



# THE MESSAGE TODAY

## DISCUSSION QUESTIONS

### *S3 EP6 - SELF-HARM*

1. What is **self-harm**?
2. Does everyone who self-harms want to end their life?
3. Have you ever **witnessed** or **experienced** self-harm? Talk about how it made you feel.
4. Can you list any of the **7 NHS recommended guidelines** you should follow when supporting a self-harmer?
5. When talking about self-harm most people say **‘It’s good to \_\_\_?’**  
Why is this?
6. We mentioned some new websites today that can support you. Can you remember any of them?

