

Self-harm safe kit

This box contains information and resources for people who self-harm, and for their parents or carers.



Some people may find it useful to use this box as a “Safe Kit”, a way to hold information that helps them manage their urges to self-harm such as a plan for using distractions and staying safe, meaningful items and messages, contact details of people who can help, a card to use when seeking treatment, and some basic first aid and distraction items.

Important information

The information in this pack is aimed at young people aged 13 years and above. If a younger person would like to use it, it is recommended that this is done under the guidance of a responsible adult. No materials in this pack are a substitute for assessment and treatment by a mental health professional. We recommend that you should visit your GP as a first option.

Acknowledgment and thanks are extended to Healthier Lancashire & South Cumbria and Every Life Matters for sharing the copyright of this kit and allowing changes to be made for use within Cheshire & Merseyside.



Cheshire and Merseyside