



We need to be mindful that they may not be ready to open up, so set aside **plenty of time** to talk, allowing them to lead the conversation and follow their pace.

Accepting and asking for **support from others**, can help us to feel less alone. It is important to look after ourselves and have people that we can talk it through with.

Although we may be feeling shocked and anxious, when we can **stay calm** it reassures them that they are safe to talk to us.



Giving our **full attention**, removing distractions such as the TV or phones can help to show that we are listening and value what they need to tell you about how they are feeling.

Offering options of help rather than ultimatums will help give them **choice and control** over how to move forward, knowing they are supported.



5 TIPS FOR FAMILIES



... with children who self-harm ...

