

STEPPING STONES CLINIC

CREATING PATHWAYS TO RECOVERY AND RESILIENCE

COPING WITH THOUGHTS OF SUICIDE OR SELF HARM URGES



What is self-harm?

Self-harm is a way of dealing with very difficult feelings that build up inside. Young people often say that it is a coping skill for them. Although there is a myth that it is done for attention, in most instances, it is not done for attention. Young people are also often clear that they want to harm themselves and not kill themselves. However, there is a proportion of young people presenting with self harm who also are feeling suicidal.



Self-harm can affect anyone. It is a lot more common than people think. Many people hurt themselves secretly for a long time before finding the courage to tell someone.

There are times in life when we might feel totally, hopeless, helpless, overwhelmed with emotional pain. It can seem like there is no other way out of our problems, we've run out of ideas, possible solutions. Our problems seem unfixable. The pain feels like it will never end. We believe we've run out of options, and suicide is the only answer left. For some people, suicide may be a way of getting back at others, or

showing them how much pain you're in.

We don't want you to kill yourself. We believe that you are an amazing person and that you will be able to find a way through the dark tunnel. Please know that you are not alone. We are here to help you. We care about you and we are going to try and help you to feel that you are worthy of care, love and happiness.



But until you feel better, you will have to find a way of coping with how you are feeling now. Please do not act on the suicidal feelings. There are other ways in which you can try and cope. Please read below to help you.

- However painful the feeling you are having right now, please know that it will pass.
- If you have horrible thoughts about your self right now, like self hatred, please know that they are only thoughts – they are not facts and they are not correct. When we are depressed or in pain, we

can sometimes have images of ourselves that are very dark and horrible – please don't treat it as the truth – it is just the way you feel now.

- Often when we have horrible thoughts about ourselves, we also imagine that other people feel the same about us – again this is a painful thought created by depressed feelings, but it is not the truth. When you feel certain someone else does not like you or

think bad things about you, why don't you plug up the courage and ask – “ are you angry with me” or “ I feel as if you do not like me, is it my imagination?”



Help in your pocket



We designed an app to help you when you are in distress or feel like harming yourself. You can download it for a pound. The app is full of alternatives to self harm as well as skills to help you cope and calm down. You can even upload your own calming images and music onto the app. There are also guided meditation tapes.

We are here to help

First of all, you are not alone. You are not a freak or mad. You are a brave young person who have been coping with many difficult feelings and we are proud of you. It is important to realise that your feelings are important and you deserve to be taken seriously.

In Stepping Stones Clinic we offer treatment for young people or young adults who feel suicidal or who harm themselves. We offer packages of care, often combining individual therapy, group DBT and family therapy. We also offer workshops to parents and in case your risks are very high, we are able to offer daily support. We can also prescribe medication, if you may need some.

Stepping Stones clinic: Who we are

Stepping Stones clinic is a mental health clinic for children, young people, young adults and families. We offer a range of assessments and interventions that are all delivered by highly experienced clinicians. We have a multidisciplinary team of child psychiatrists, clinical psychologists, family therapists, occupational therapists, child psychotherapists and dieticians.

All our clinicians are registered with their regulatory bodies. All our interventions are based on the latest evidence. We are regulated by CQC and contracted into all medical insurances. We provide a world-class service. We monitor progress and improvement throughout every treatment delivered to ensure high quality outcomes. We work in partnership with families and their children. Every person gets a tailor-made treatment package and we aim to offer appointments and deliver treatment as soon as they are received at a time that will suit each family.

Our passion is patient care – Dr Trudie Rossouw, Clinic Director, Stepping Stones Clinic



STEPPING STONES CLINIC

CREATING PATHWAYS TO RECOVERY AND RESILIENCE

Please contact us on:

07944877172

or info@steppingstonesclinic.uk

16 Canon Hill road, N14 7HD.

www.trudierossouw.co.uk

www.steppingstonesclinic.uk