ALTERNATIVES TO HURTING YOURSELF

THERE ARE HEALTHIER WAYS TO COPE

It is important to acknowledge that the urge to self-harm often stems from a need to manage intense emotional pain or to feel a sense of control. Finding alternative strategies involves identifying the "need" the harm is meeting and replacing it with a safer action.

1 HOLD SOMETHING COLD

- Grab something cold, like an ice cube frozen orange or ice pack.
- The shock of the cold can help ground you in the moment and reduce the urge to self-harm.

2 WRITE IT OUT

- Write down how you're feeling on paper.
- You can choose to tear it up after or keep it as a release for your emotions.
- Use the free online YourCrew journal. Journalling allows you to express pain without hurting yourself.

3 RIP OR TEAR SOMETHING

- Tear up pieces of paper, old magazines, or anything else that feels satisfying.
- This provides a release of tension and frustration without physical harm.

4 VOCAL RELEASE

- Scream into a pillow or go out into your backyard or somewhere in nature and yell as loud as you can where no one can hear you.
- This provides a necessary release for pent-up tension and frustration without causing physical injury.

5 COLD WATER IMMERSION

- Splash freezing water on your face or take a very cold shower. This triggers the Mammalian Dive Reflex, which naturally slows the heart rate and calms the nervous system.

WHERE TO GET HELP

Lifeline Australia: 13 11 14
Beyond Blue: 1300 22 4636
Kids Helpline: 1800 55 1800
SANE Australia: 1800 18 7263

Get support from your GP or therapist, and take control by creating your **YourCrew Safety Plan** today.

HARRISON RIEDEL FOUNDATION

YOUR CREW