

Mental Health & Wellbeing at the Bar

Self Harm



Wellbeing
at the Bar

Self-Harm

“Self-harm is often understood to be a physical response to an emotional pain of some kind, and can be very addictive”

What is self-harm?

Self-harm can take the form of physical injury such as cutting, burning or pinching. However, [alcohol abuse](#), [drug abuse](#) and [eating problems](#) are also forms of self-harm. The urge to self-harm can be very strong and become addictive.

There are many reasons why people self-harm and contrary to what we may believe, adults may be affected just as much as young people. There is significant stigma and shame attached to self-harming behaviour and for this reason statistics on adult self-harming are difficult to clarify.

As a barrister, clerk or member of staff it can be a struggle to balance competing demands from clients, colleagues, solicitors and family. Addictive behaviours can become a way of releasing stressful feelings.

Where can I find out more?

- <https://www.selfharm.co.uk/>
- <http://www.lifesigns.org.uk/>
- <http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/how-can-i-help-myself/>