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# A PLACE FOR MY HEAD

## Self-Harm

Thanks to Lewis for helping with this one

Self-Harm is where you intentionally hurt your own body, usually in response to intense feelings of distress. People may self-harm in different ways e.g. cutting, hitting, burning and starving themselves. When people self-harm it can feel horrible, uncomfortable, painful and can lead to permanent damage to the body and scarring. After self-harming people can feel dizzy, weak, scared, isolated and out of control. It's often difficult for people to explain why they feel urges to and/or self-harm. People may also experience suicidal thoughts when they self harm. People may self-harm for different reasons such as to ground themselves when dealing with something difficult that is happening now or something that's happened in the past.

## WHAT HELPS?

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Listening to **loud metal music** because it resonates with how you're feeling on the inside. Metal music also helps to process your feelings after you self-harm because you might feel sad/upset with yourself afterwards. This type of music can ground you when you're experiencing racing thoughts and to help you take back control.

**HMT playlists - Self Harm playlist** can help if you're feeling sad and want to listen to sad music because it makes you feel like you're not the only person feeling that way.

**Anger playlist** can help if you feel angry at yourself for self-harming and you're feeling regret. It can help to tune out everything that's happening in your mind and helps to focus the brain on one thing e.g. the heavy drums/guitar in thrash metal songs.

**Playing Guitar and Gaming** - These activities can help to distract you from your difficult experiences and give you something else to focus your attention on.

## METAL SONGS ABOUT SELF-HARM

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**Nine Inch Nails - Hurt**

**Papa Roach - Last Resort**

**Metallica - Fade To Black**

**System Of A Down - Chop Suey**

**Shinedown - Cut The Chord**

**Linkin Park - Breaking The Habit**

**Bad Flower - Ghost**

## RESOURCES FOR SELF-HARM

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**HMT playlists**— Self-Harm, Anger, Sadness and Sleep.

If you are in the UK and are struggling with self-harm thoughts and behaviours and think you need support from mental health services you can seek a referral via your GP or seek advice via NHS111. If you feel at immediate risk contact your emergency services

**YoungMinds Text Line** - If you are a young person struggling to cope, you can text YM to 85258 for free, 24/7 support. For young people there is further information and advice <https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>. For adults, please visit <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/useful-contacts/> for professional help.

**Self-Help Resources** - If you want to try self-help materials you can download the **Calm Harm App** which can provide support and strategies to help you resist or manage the urge to self-harm.

**FOR MORE INFORMATION, PLEASE VISIT:**

**WWW.HEAVYMETALTHERAPY.CO.UK**