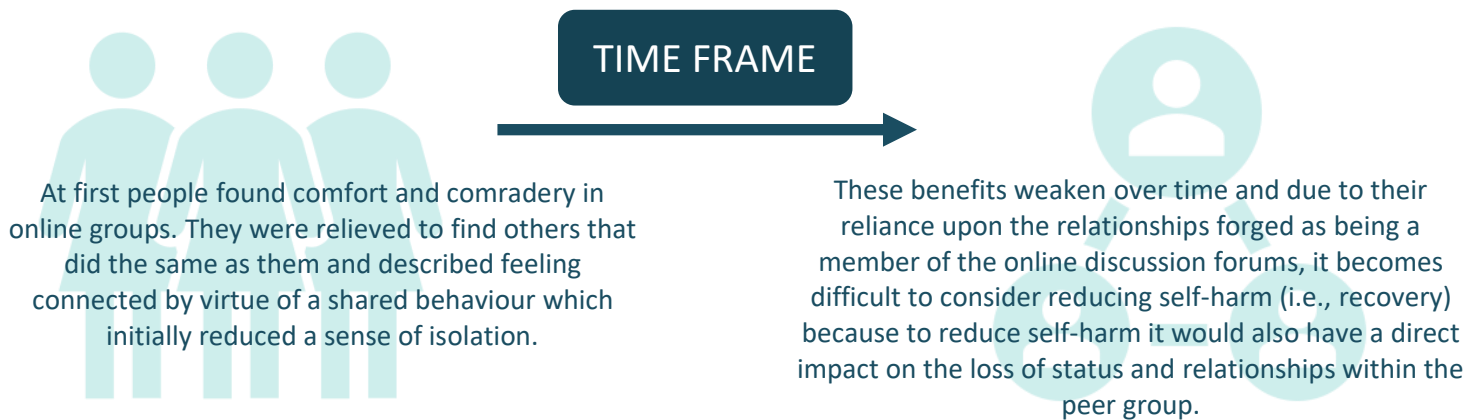
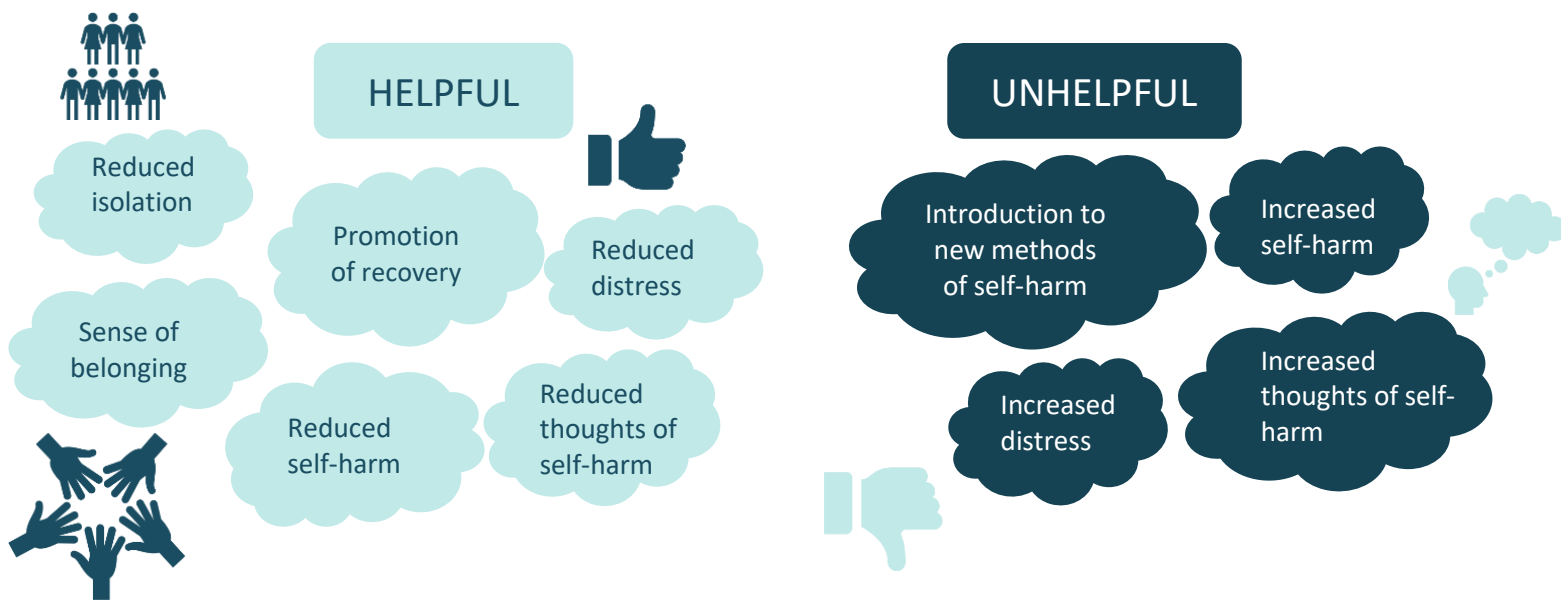


HELPFUL & UNHELPFUL ASPECTS OF ONLINE PEER SUPPORT FOR SELF HARM



“Whenever I saw or spoke to those whose self-harm was worse than mine it made me feel that I wasn’t doing it bad enough. So, I did it worse. More”

COMPETITIVENESS

Individuals can ‘learn’ from the exposure to others that self-harm, in both their method and severity of harming behaviours.

“I was really triggered by other people’s descriptions of self-harm, it made me want to do it more. And then I would. Whether it was worse. More frequent. Different.”