

SIX WAYS TO SUPPORT SELF HARM AWARENESS DAY 2026



Connection Is Coping: Finding Support Together
Sunday 1st March 2026
#SHAD2026 • #ConnectionIsCoping

Whether you're an individual, part of a community group or representing a larger organisation, there are plenty of ways to support Self Harm Awareness Day 2026.

BE INFORMED

Talking about mental health – and self harm in particular – can be challenging. It's important to be informed about the facts, as this helps us encourage conversations, challenge stigma and create safe spaces for open, honest dialogue today and every day. Our **Information Pack** can help.

SPREAD THE WORD

Download our media pack and use your communication channels to spread the message widely – on social media, newsletters and community boards. Amplify awareness, share facts and promote support.

REACH OUT...

If you're struggling, reach out to someone you trust – a friend, family member, helpline, GP or counsellor. Seeking help is a sign of strength, not weakness.

ENCOURAGE OPEN CONVERSATIONS

Encourage open dialogue and normalise mental health discussions to help to break the silence and stigma around self harm.

...OR REACH IN

Offer support to someone who is struggling. Listen without judgement. Don't dismiss or stigmatise. Help them feel heard, accepted and safe. Our **Talking About Self Harm** leaflet offers lots of guidance.

COMMIT TO LONG-TERM SUPPORT

Use Self Harm Awareness Day as a starting point to strengthen your commitment to providing support and resources, and to fostering a long-term, sustainable culture of mental health awareness and care.



Produced by Harmless

info@harmless.org.uk • www.harmless.org.uk • 0115 880 0280 • Harmless CIC, 1 Beech Avenue, Nottingham NG7 7LJ



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