**Suggested Social Media Posts**

**Graphic A / B: We’re / I’m supporting Self Harm Awareness Day.**

If today – or any other – is tough, support is available. Your GP, local NHS services and organisations like @HarmlessUK can all help. Reaching out is a step toward care. #ConnectionIsCoping #SHAD2026

**Graphic 1: Small acts of support can make a big difference.**

We’re joining @HarmlessUK to remember that small acts of support – listening, checking in, being present – can make a big difference on #SelfHarmAwarenessDay and every other day. #SHAD2026 #ConnectionIsCoping.

**Graphic 2: No one should face self harm in silence. Together we can break the stigma.**

When we stand together with compassion and understanding, we break the stigma and make space for healing. We’re proud to stand alongside @HarmlessUK today. #ConnectionIsCoping #SelfHarmAwarenessDay #SHAD2026

**Graphic 3: Healing starts with connection. You don’t have to go through it alone.**

Self harm can be a response to overwhelming feelings. Connection helps regulate, ground and heal. On #SelfHarmAwarenessDay, we join @HarmlessUK in encouraging safe spaces to talk and be heard. #SelfHarmAwarenessDay #ConnectionIsCoping #SHAD2026

**Graphic 4: A simple conversation can bring hope. Today, let’s listen with kindness.**

Let’s listen with kindness today and every day. Creating space for honest conversations helps bring hope and break stigma. @HarmlessUK #SelfHarmAwarenessDay #ConnectionIsCoping #SHAD2026

**Graphic 5: Reaching out isn’t weakness, it’s courage. Connection makes us stronger.**

If you’re struggling with self harm, reaching out isn’t weakness – it’s strength. Human connection can reduce isolation and open the door to healing. You deserve care, respect and understanding. @HarmlessUK #SelfHarmAwarenessDay #ConnectionIsCoping #SHAD2026

**Graphic 6: Support networks save lives. Be part of someone’s safety net.**

Listening without judgement can save lives. Today we stand with @HarmlessUK to remember that compassion, patience and presence make a difference. #ConnectionIsCoping – for everyone. #SelfHarmAwarenessDay #SHAD2026

**Graphic 7: Asking for help is brave. Offering support is powerful. Together, we rise.**

Evidence shows that feeling connected reduces harm and increases hope. No one should face this alone. Your doctor, local health services and organisations like @HarmlessUK can all help. #SelfHarmAwarenessDay #ConnectionIsCoping #SHAD2026