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Self-harm is a topic that is still misunderstood and still shrouded in stigma

We need to talk openly. If feelings are difficult to express or children become overwhelmed and bottle up their emotions, self-harm might present itself as a release mechanism. So how can we, as teaching communities, know how to respond?



In our latest film **“Emily”** - Emily talks about her experience which is a real insight for anyone caring for young children.

This is a 2-minute film explaining the effect of unresolved emotional pain and the importance of having someone to talk to about it. If you find this film helpful, you can find out more in our sister film, **“Understanding Self-Harm”**.



Our films are made to help people recognise and respond to children experiencing a variety of non-neurotypical conditions or mental health issues, along with wellbeing tips and advice. The topics include **PTSD; OCD; Autism Spectrum Condition; Depression; Conduct Disorders; Anxiety; ADHD** and **Eating disorders**.

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