

# 'Better. Same. Worse.'

Satveer Nijjar



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# What we say, and how it may be heard...

**'Self-Harmer'**

'Don't be so silly'

It's just a phase

**Time waster**

**Back again?**

**Just a Cry for Help**

**Just Attention Seeking**



# To be C.L.E.A.R

C = Compassionate staff

L = Language use – reduce stigma

E = Education, education, education – for all

A = Access to services 24/7

R = Respect and reassurance



# Thank you

For CPD accredited self-harm awareness training please visit my website/email me:

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C = Compassionate staff



L = Language use – reduce stigma



E = Emergency



A = Anxious



R = Reluctant



@\_