



## King's Research Portal

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Figure 1. Help-seeking attributes

MY SELF HELP TOOL

Select a maximum of five of the considerations that are the most important to you when choosing who to talk to or where to get help or support for your self-harm

	Most important
I want to make sure my parents don't find out about my self-harm	<input type="radio"/>
I want to refer myself to services	<input type="radio"/>
I want it to be confidential	<input type="radio"/>
I want to avoid hurting the people I care about	<input type="radio"/>
I want professional advice	<input type="radio"/>
I want to avoid negative reactions from people if I tell them about my self-harm	<input type="radio"/>
I want someone who understands my problems	<input type="radio"/>
I want medical treatment available to me	<input type="radio"/>
I want face-to-face contact	<input type="radio"/>
I want to talk to someone I can trust	<input type="radio"/>
I want to receive good quality information	<input type="radio"/>
I want to talk to someone who knows me personally	<input type="radio"/>
I want to avoid being bullied if I talk about my self-harm	<input type="radio"/>
I want to avoid being seen as an attention-seeker if I talk about my self-harm	<input type="radio"/>
I want to avoid feeling embarrassed about my self-harm	<input type="radio"/>
I want to avoid being judged if I talk about my self-harm	<input type="radio"/>