

Other comments:

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# nshn

The National Self Harm Network



# Self harm report card

**Contact us at:**

NSHN, Po Box 7264, Nottingham NG1 6WJ

Email: [info@nshn.co.uk](mailto:info@nshn.co.uk)

Website & Support Forum: [www.nshn.co.uk](http://www.nshn.co.uk)

A registered charity number: 1106336

A company limited by guarantee: 04305979



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**The National Lottery**<sup>®</sup>

through the Big Lottery Fund



**I have self harmed and wish to receive treatment for the following;**

Type of Injury:

- Cut
- Burn
- Overdose
- Other (Please specify)

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Location of injury:

- Left lower arm
- Left upper arm
- Right lower arm
- Right upper arm
- Left leg
- Right leg
- Stomach
- Other (Please specify)

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Time of injury:

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Instrument used:

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The instrument I used was:  Sterile

Used

**Overdose / Poisonous substance**

(Please fill in the section below if you have taken an overdose or other poisonous substance)

Name(s) of tablet(s) or substance(s):

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Amount:

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Strength:

.....

Time taken:

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Alcohol:

Yes

No

Amount of alcohol:

.....

I do /  do not wish to speak to someone about this

I am now feeling:  Suicidal

Distressed

Dissociated

At risk of further self harm

Not at risk of further self harm

Calm

Other (please specify)

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