

Self Harm Tool Kit

fASH bag
(fun Alternative to Self Harm bag)



Contents:

- **Sharp pencil** – for drawing on skin (it looks like scratch marks)
- **Red pen** – for drawing on skin (to represent the colour of blood)
- **Stress toy** – for squeezing (helps to release tension)
- **Headphones** – (you don't need to attach them to anything but can wear them if you don't want to be disturbed or you want to look pre-occupied)
- **Notepad** – for scribbling down your thoughts
- **Elastic bands** – to wear on your wrist or ankle (ping them sharply if you want to stop your thoughts about self harming or if you want to feel pain in a safer way)
- Some **positive message cards** – for inspiration (it includes blanks so you can make your own with pictures or words)
- **Coloured pens** – so you can decorate your fASH bag if you wish
- **Pen and Coloured pencils** - for writing / drawing
- **Balloons** – blow them up when you want to self harm and by the time you have, the urge to self harm may have passed
- **Toy- mini playdough/puzzle/marbles/splat balls** – for distraction purposes
- **Self Harm diary** – you don't have to share this with anyone, but if you complete it, it may help you to recognise when and why you self harm.
- **Reward Chart** – so you can map your achievements and reward yourself for not self harming
- A **list of other alternatives** to self harming and how to be safe
- Details of **the Butterfly Project**
- Details for **the lowdown**
- This **contents sheet**

