Video transcript: Service users on why they self-harm

Mark: "It was funny, if I'd seen a fight or something when I was out, or I'd had a really bad argument it just triggered off this really heightened emotional response in my head. I always used to compare it to, you know The Wizard of Oz? The part where Dorothy get whisked off in a whirlwind, when I looked back on it, I compared my head to that.

"This whirlwind with Dorothy spinning around, and the only way to stop this whirling and to bring it back down to earth was to hurt myself, and that would calm everything really."

Jennie: "I just happened to hurt myself, and then it felt good, and better, and then I just did it again."

Mark: "It started off just punching myself in the face, and I just thought that's perfectly normal... but at the same time thinking no one else does this. So it carried on, and I don't know why but it escalated to razor blades and I'm not quite sure why that happened. Then over a period of time it just became the norm.

"I didn't know why I did it, but I had to. There was absolutely no way after a very short while, after a period of weeks, that I could separate myself from a person that cuts themselves, and I'd never been that person before."