SELF-INJURY
REDUCING HARM

SELF-INJURY IS NOT THE SOLUTION.

Self-injury (also known as self-harm) is when someone repeatedly harms themselves on purpose, like cutting or burning, as a way to cope with emotional pain, sadness, anger and stress. It may bring a brief sense of calm and a release, but it's usually followed by guilt and shame and the return of painful emotions. While self-injury is typically not meant as a suicide attempt, fatal self-harm can happen.

WHAT ARE THE SIGNS?

Poor coping skills: inability to handle stress and emotional pain in healthy ways

Difficulty managing emotions: hard time controlling, expressing or understanding emotions

Low self-esteem: feelings of worthless, loneliness, anger, guilt, rejection, and self-hatred

Marginalized: bullied, questioning sexual identity, feeling a lack of control over life

WHO'S AT RISK?

Teenagers and young adults are most likely to self-injure, but those in other age groups do it, too. Certain factors may increase the risk of self-injury, including: having friends who self-injure, life issues such as having past experiences of neglect, sexual, physical or emotional abuse, or other traumatic events, questioning sexual identity, social isolation, mental health issues, and alcohol or drug use.

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HOW TO HELP OTHERS

- Observe and listen without judgment
- Identify someone at risk and offer help
- Encourage supportive social networks
- Raise awareness
- Encourage friends to seek help

THERE ARE OVER 660,000 ER VISITS FOR SELF-INJURY EACH YEAR

HOW TO HELP YOURSELF

The first step is to tell someone about your self-injuring behavior so you can get help. Treatment is based on your specific issues and it's best to get treatment from a mental health professional experienced in treating self-harm.Treatment can include: psychotherapy, medicines, or inpatient care. Beyond formal treatment, you can include more physical activity and avoid recreational drugs and alcohol.

END THE SUFFERING.
GET THE HELP YOU NEED.