



YOU MATTER.
SELF INJURY AWARENESS DAY.



SELF-HARM STATISTICS



PREVALENCE



17% OF PEOPLE will self-harm during their lifetime



45% OF PEOPLE use cutting as their method of self-injury

RISK FACTORS



Having friends or family members who self-injure



Mental health conditions and isolation



Experiencing stressful life situations



Drug and alcohol use or addiction

CO-OCCURRING DISORDERS



EATING DISORDERS



DEPRESSION



SUBSTANCE USE DISORDERS



ANXIETY



THE RECOVERY VILLAGE

What is “Self-Injury”?

- A intentional injury by a person to their own body as a way to deal with overwhelming or difficult thoughts and feelings **WITHOUT** suicidal intent.
- The location of the self-harm is typically in an area that is very easy to hide and able to be hidden from others.
- An addictive habit used to lower or escape pain through a “lower pain” in self-harm.
- Far more people self-injure than you expect.

What ISN'T Self-Injury

- It is not about suicide at all. Often self-injury is an attempt to keep *AWAY* from suicide.
 - It is not an attempt to “gain attention” however it may sometimes be done as a way to reach out for help.
 - Self-harm or self-injury is not a mental illness
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What is considered Self-Injury?

It includes but is not limited to-

- **Cutting**
 - Making cuts or scratches on body with any sharp object. Arms, legs, and torso are the most common because they are easily reached and easily hidden under clothes.
 - **Branding**
 - Burning self with a hot object or friction burns. Even rubbing pencil on skin.
 - **Picking at skin**
 - Repeated urge to pick at one's own skin often to extent that damage is caused which can cause stress relief or is gratifying. Also includes reopening wounds such as scabs.
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What is considered Self-Injury? Cont-

- **Hair-pulling**
 - Irresistible urge to pull out hair from any part of the person's body. Hair pulling from the head can leave bald spots which may be hidden through hats, scarves, or wigs.
 - **Piercing or tattooing**
 - May be a type of self-injury, especially if pain or stress relief is a factor as to why they do it.
 - **Substance abuse**
 - Alcohol, drugs, vaping use if intended to reduce pain or stress.
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Cycle for Self-Harm



Reasons for Self-Harm



- To cover up emotional pain by triggering a physical pain in order to cause distraction
 - Seeking help
 - Looking for a way for people to pay closer attention (busy parents, family dynamic)
 - Wanting someone to ask if they need help
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Continued-

- Expressing emotional pain they feel they cannot bear
 - Expressing or coping with feelings of alienation
 - Validating their emotional pain through wounds that serve as evidence that those feelings are real.
 - Escaping numbness in life
 - Many more reasons...
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Effects of Self-injury



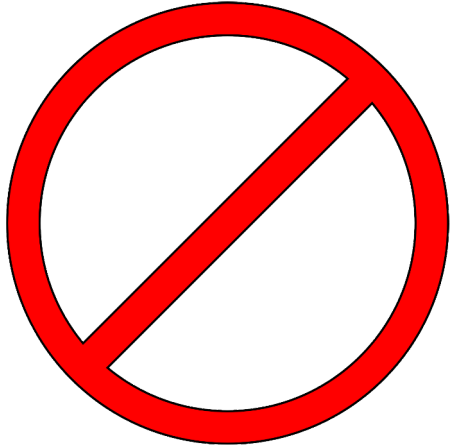
- Body Scarring
 - It can quickly become an addiction (includes withdrawal symptoms which can be very unpleasant)
 - Can lead to self-injuring more often and in worse ways.
 - Can also be a painful experience for friends and family.
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What to do if a friend is self-injuring?



- Be there for them, they need all the support from friends they can get.
 - Try to understand triggers for them to support them.
 - Understand that for people who self-injure it may be a way for them to maintain control over their life when in uncontrollable situations.
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What you don't do



- Do not give ultimatums - “Either you stop harming yourself or I go”. The last thing they need is a lack of support. Don't leave them feeling alone.
 - Do not make judgmental comments. People who feel powerless or worthless are more likely to self-injure.
 - Don't grab or hit area where self-injuring is taking place.
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Other ways to help

- Encourage person to seek professional help
 - If you're a kid and you find out a peer is doing this, tell an adult.
 - Help person come up with other remedies of dealing with emotional struggles (i.e. instead of scratching, maybe getting a rubber band to snap at risk whenever feeling anxious or unsteady).
 - Let the person know you're there for support.
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Ways to get help to stop Self-injuring

CRISIS TEXT LINE |

Crisis Help Line

<https://www.crisistextline.org/topics/self-harm/#what-is-self-harm-1>

- Seek out a trusted adult for guidance on next steps
 - Seek help from professional
 - Figure out what form of help works for you
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March 1st
SELF INJURY
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DAY

judge less, understand more.
