

MENTAL HEALTH AND WELLNESS

VOLUME 7

Sources:

www.lifesigns.org.uk
www.crisistextline.org

SELF-HARM AND SELF-INJURY

Self-harm, or self injury, is any deliberate, non suicidal behavior that inflicts physical harm on your body and is aimed at relieving emotional distress. Injuries can prove to an individual that their emotional pain is real and valid. Self-injurious behavior only provides temporary relief and does not deal with the underlying issues. Self-injury can



become a natural response to the stresses of day to day life and can escalate in frequency and severity.

WHO

Self-injury affects people regardless of age, gender, sexual orientation, ethnicity or personal strength.

WHAT

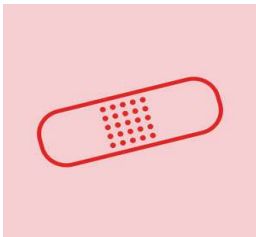
Type of Self-Injury

- Cuts, burns, scratches
- Non-suicidal overdose (chronic self-medication)

WARNING SIGNS

- History of bullying
- Negative or low self-esteem
- Sudden changed in friends or withdrawn

HELP



Self-injury is a coping mechanism, and we never judge a person, therefore, helping a person finding positive coping strategies is necessary.

Consider the followings:

- Express feelings or thoughts through art
- Call and talk to a friend or a trusted person
- Listen to music
- Go for a walk
- 15 minutes rule: when the urges arose, consider wait out or distract yourself for 15 minutes
- Seeking professional help

ALTHOUGH SELF-INJURY IS NON-SUICIDAL BEHAVIOR , HOWEVER IT MUST BE RECOGNIZED THAT THE EMOTIONAL DISTRESS THAT CAN LEAD TO SUICIDAL THOUGHTS AND ACTIONS. IT IS IMPORTANT TO SEEK FOR HELP.

Crisis Text Line

Text HOME to 741741
Free, 24/7 support line
Call 1-800-DON'T-CUT