Non-Suicidal Self-Injury

"Recovery from self-injury is a journey and a process." – Cornell Research Program

Non-suicidal self-injury is used to refer to situations in which the self-injury is not intended to result in death.

If you think someone is engaging in self-injurious behavior:
- Let the young person know that you noticed the injuries
- Remain calm, supportive, & nonjudgmental
- Help to find alternative ways to relieve stress
- Encourage the young person to speak to someone they trust
- Call 911 if the self-injury is life threatening
- Ask the person directly if they are suicidal since it is not easy to tell the difference between non-suicidal self-injury and a suicide attempt
- Provide mental health resources
- Refer to Mental Health Services
- Consult with school site Mental Health Crisis Team
- Consult with District Mental Health Crisis Management Team

Crisis Text Line
- Text "LA" to 741741

Crisis Chat (11am-11pm)
- Teen Line- text "TEEN" to 839863

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Self Injury Awareness

Know the warning signs that a young person might be engaging in non-suicidal self-injury
- Intentional cutting, scratching, pinching of the skin
- Banging, punching objects on self with the intention of hurting self
- Ripping and tearing of the skin
- Interfering with the healing of wounds
- Burning oneself with cigarettes, matches, hot water
- Pulling out large amount of hair compulsively
- Overdosing deliberately on medications when it is NOT meant as a suicide attempt

Self-injury is a form of coping mechanism to
- Manage painful feelings of current or past trauma
- Punish themselves
- Peel or relief pain
- Show control of their body
- Avoid or combat suicidal thoughts
- Take risks, rebel, reject their parent's values
- Display their individuality
- Be accepted by peers or others

Other reasons of self-injury may be:
- Out of desperation or anger to seek attention
- To show their hopelessness or worthlessness
- OR because of suicidal thoughts although the intent is not to result in death

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