

FREE
your
FEELSTM

SELF-HARM AWARENESS

RESOURCE TOOLKIT



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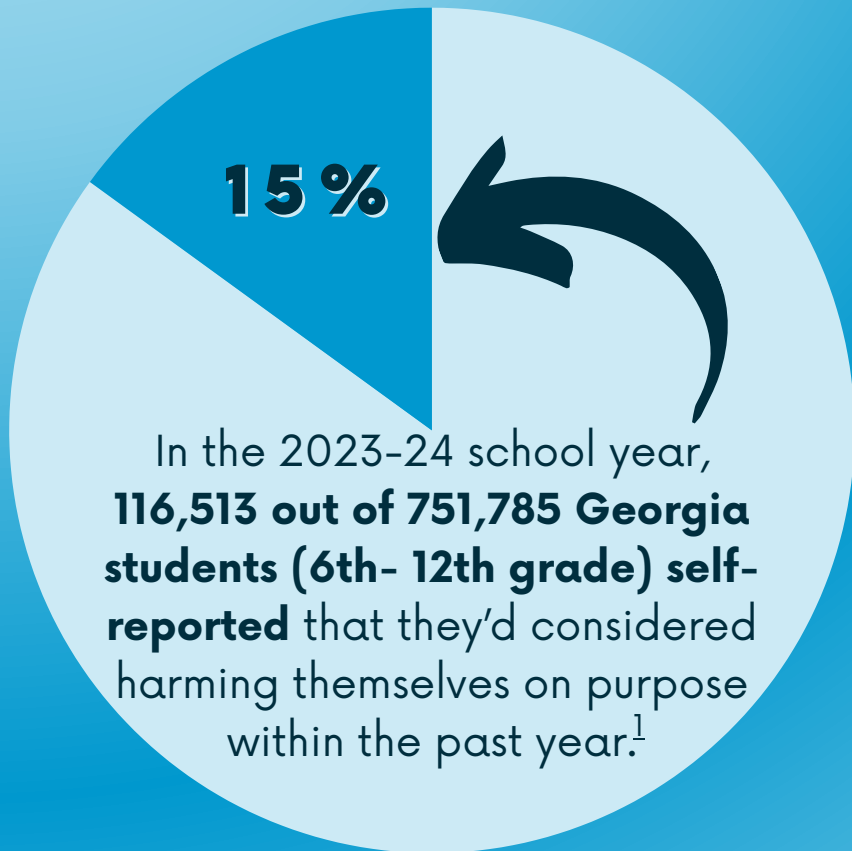


SELF-HARM AWARENESS

INTRO



March is National Self-Harm Awareness Month. Self-harm, also known as non-suicidal self-injury (NSSI), is a critical issue among teenagers that requires empathetic understanding and proactive support.



This statistic underscores the need for community awareness and positive intervention. Self-harm involves deliberately hurting oneself without the intention of suicide, often as a way to cope with overwhelming emotions. Common forms of self-harm include cutting, burning, and scratching. Despite misconceptions, self-harm is not an attention-seeking behavior nor is it limited to teenage girls; it affects individuals of all genders and backgrounds.² Through awareness, education, open dialogue, and compassion, we can empower these youth to find healthier ways to manage difficult feelings and build on their strengths.

FOR EVERYONE



Gaining a deeper understanding of self-harm is crucial for knowing when and how to intervene, whether for ourselves or others. It helps us identify alternative ways to manage intense emotions, such as reaching out to a crisis counselor at 988 or by texting HOME to 741741, engaging in creative activities like drawing or making music, practicing mindfulness and meditation, and seeking support from friends or pets.



Self-Harm

Crisis Text Line is a nonprofit organization that provides free, 24/7, confidential self-harm support in English and Spanish.

 Crisis Text Line

ACTION

Crisis Text Line offers a comprehensive webpage about self-harm, warning signs, and provides guidance on how to deal with self-harm by offering healthy coping mechanisms and support resources.



FOR YOUTH



The Trevor Project offers specialized support for self-harm recovery. Although it places a focus on LGBTQ+ young people, its resources are valuable for all youth. It provides a range of relevant tools, educational materials, and guides to help individuals and their loved ones understand and address the challenges related to self-harm.

ACTION

Explore [this webpage](#) dedicated to self-harm support for young people, with resources for questions like "I want to stop hurting myself, but I can't figure out where to begin"

An illustration of a person with purple hair and yellow headphones lying on a red couch. They are wearing a yellow sweater and purple pants. They are holding a smartphone in their right hand and a stack of orange cards in their left hand. In the background, there is a yellow guitar, a window, and some papers on the wall.

Support for LGBTQ+ Self-Harm Recovery

Find support and other specialized resources for self-harm recovery with The Trevor Project. Our Lifeline is here to help you 24/7.

 The Trevor Project /

FOR PARENTS & CAREGIVERS



Parents and caregivers may experience confusion, worry, and helplessness when they notice signs of self-harm in their child or teen. They understand that their child needs immediate assistance, but many are unsure where to start. This topic is challenging for both parents and teens to discuss.³In the video below, pediatrician and adolescent medicine specialist Dr. Shamiela Dixon shares insights on self-harm and offers advice on how parents can support their children and teens in managing the emotions that may lead to such behavior.



ACTION

Watch this video from the American Academy of Pediatrics titled "Why Do Teens Self-Harm and What Can Parents Do About It?"



FOR EDUCATORS & PROFESSIONALS



Non-suicidal self-injury is becoming more common among school-aged youth and happens often in middle and high schools. However, many schools don't have clear protocols for identifying, addressing, and preventing self-injury. While specific practices may differ from school to school, the Cornell Research Program on Self-Injury and Recovery published a report, "Non-Suicidal Self-Injury in Schools: Developing & Implementing School Protocol", which gives an overview of the best ways to detect and respond to self-injury in secondary schools.

ACTION

Read the full report which is targeted to school staff (faculty, administrators, counselors, nurses, and other support personnel). For a helpful infographic and flowchart on protocol process, [click here!](#)





QUESTIONS? CONTACT

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