

IF THIS IS AN EMERGENCY, CALL 911!!! National Suicide Hotline 1-800-273-8255 !!!



**SAFE SCHOOLS LOUISIANA**

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## March is Self-Injury Awareness Month

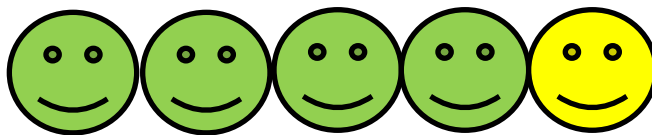
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Self-Injury Awareness Day leads into Self-Injury Awareness Month. The purpose of the day and month is to draw attention to the struggles of those affected by this condition.

**What is self-injury?** Self-injury, also known as self-harm, is any form of hurting yourself on purpose. Examples can include: cutting, scratching, burning, carving words into the skin, pulling out hair, etc.

90% of self-injury starts between 14 and 20 years old.

1 in 5 women and 1 in 5 men engage in self-injury



## How can you help?

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Self-Injury is not a phase and can be a cry for help to deal with their pain. If you notice an unexplained injury, attempts to hide marks or scars, or see a loved one hurting themselves, there are steps you can take to help.

- Talk with the person about your concerns and stay calm. Acceptance of their feelings means a lot to healing.
- When the person is ready to talk about the problems leading into the self-injury, be available, supportive, and understanding of their “triggers” which can result in these behaviors.
- Don’t become judgmental and be a listening ear. Let them know it is a safe place to talk about these feelings.
- Suggest speaking to a therapist, offer to attend an appointment, or walk the person inside the session. Therapy can be helpful to minimize these harmful behaviors and deal with underlying concerns.
- If their behavior gets worse and the person becomes suicidal, seek emergency attention immediately by contacting 911 or the National Suicide Prevention Lifeline, 800-273-8255 , or call VIA LINK at 211.