



WHAT IS CUTTING?

Talking about the difficult topics together

#PROACTIVESCHOOLAPPROACH

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**UNDERSTANDING
SELF-HARM**

WHAT IS SELF-HARM?

ADOLESCENCE CAN BE A DIFFICULT TIME FILLED WITH LOTS OF EMOTION AND ANXIETY. THE SITUATION CAN GROW SO OVERWHELMING THAT TEENS WILL LOOK FOR SOMETHING TO HELP THEM, A WAY TO RELEASE THESE UNWANTED FEELINGS. SELF-INJURY CAN BE AN UNHEALTHY WAY TO RELEASE THESE EMOTIONS.

TYPES OF SELF-HARM

**SYMPTOMS OF
SELF-HARM**

**RECOVERING FROM
SELF-HARM**

**THE EFFECTS OF
SELF-HARM**

**REASONS WHY
PEOPLE SELF-HARM**



TYPES OF SELF-HARM

Regardless of what you hear on social media, self-harm can happen in many different ways. Self-harm is anything someone does to their body to hurt it.

- Cutting skin with knife, razor blade, etc.
- Scratching skin
- Burning skin
- Hitting oneself
- Piercing skin with a sharp object
- Pulling out hair/eyelashes



**CONCERNED
ABOUT SOMEONE
YOU KNOW?**

**Schedule an online
wellness assessment**



SYMPTOMS OF SELF-HARM

It can be really difficult to reach out and ask for help when you are dealing with depression and anxiety. If you suspect someone is harming themselves, here are some symptoms to watch for:

- Fresh cuts, burns, scratches, or bruises
- Rubbing an area excessively to create a burn mark
- Wearing long sleeves or pants during warm weather
- Questions about self-identity
- Behavioral and emotional instability
- Telling others they feel helpless or worthless



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THE EFFECTS OF SELF-HARM

Self-harm can be very dangerous. It is addictive behavior and the person will need to do it more and more to get the same "releasing" effect they initially received. It can cause serious effects.

- Permanent scars
- Uncontrolled bleeding
- Infection
- A diminished feeling of self-worth
- Guilt and Shame
- Lying to others about injury



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REASONS WHY PEOPLE SELF-HARM

Everyone must deal with difficult emotions however people who self-harm have not developed good coping skills to manage their feelings. Self-harming is an unhealthy way of dealing with issues of anger and sadness. People who harm themselves may be doing this to:

- A way of processing their negative feelings
- Distract themselves from unwanted feelings
- To develop a sense of control in their life
- Punish themselves for something they think they have done wrong
- To feel something physical, to relieve the numb/empty feeling



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RECOVERING FROM SELF-HARM



Breaking away from the addictive behavior of self-harming can be very difficult however it can be done. Self-harming may have given comfort at one time but it is growing out of control. Here are the steps to take toward success.

- Identify the reason you are hurting yourself and the reason you are quitting.
- Determine what healthy coping strategies you can use instead.
- Figure out what the underlying feelings you are experiencing are. Is there shame/guilt?
- Talk to someone you trust. Seek out a counselor.



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