



**24 - Hour Hotline
1-800-245-4580**

Self-Harm/Abuse www.selfinjury.com 1-800-DONTCUT
www.psyke.org
www.selfinjury.org <http://healingselfinjury.org/resources.html>
http://www.healthyplace.com/Communities/Self_Injury/Site/index.htm
http://kidshealth.org/teen/your_mind/mental_health/cutting.html

Self-mutilation is the deliberate injury of the body or a body part, not with the intent to kill, but as a way of managing emotions that seem too painful for words to express.

Self-Mutilation may include:

- cutting the skin
- burning the skin
- bruising the skin
- scratching the skin until it bleeds or interferes with the natural healing process.

It is not self-injury if the primary intent is sexual gratification, body decoration, a spiritual ritual, or to “fit in.”

The most common reason for self-mutilation is as a means of release from intense emotional pain.

How youth commonly feel before they self-mutilate:

- isolated
- alienated
- depressed
- frustrated

Why youth self-mutilate:

- desperate form of communication
- difficulty expressing their feelings
- depression
- eating disorder
- child abuse (physically and/or sexually)
- peer pressure

Self-mutilation is a dangerous response to overwhelming emotions just as substance abuse, over or under-eating, smoking, gambling and violent behavior may be. People who self-mutilate are generally very critical of themselves and seek physical release as a means of exerting some type of control over their otherwise out-of-control life.

If you are concerned and want to learn more, see website:

www.crisisconnectioninc.org for referral resources.

Self-Harm:

www.selfinjury.com (S.A.F.E. – S elf A buse F inally E nds)
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Self-mutilation is the deliberate injury of the body or a body part, not with the intent to kill, but as a way of managing emotions that seem too painful for words to express. Self-Mutilation may include cutting, burning, tattooing, biting, piercing, scratching or bruising skin. Self-mutilation is a dangerous response to overwhelming emotions just as substance abuse, over or under-eating, smoking, gambling and violent behavior may be. People who self-harm are generally very critical of themselves and seek physical release as a means of exerting some type of control over their life. There is definite help ... see resources on this page and contact them for assistance.

Depression:

www.nmha.org <http://www.nimh.nih.gov/health/publications/depression-easy-to-read/index.shtml>
Substance Abuse and Mental Health Services Administration's (SAMHSA)
National Mental Health Information Center at 1-800-789-2647 www.nostigma.org
www.indianasuicidepreventioncoalition.org 1-800-273-TALK (8255)

Substance Abuse:

www.sadd.org www.freevibe.com www.voice.tv
www.abovetheinfluence.com www.nacoa.org

Healthy Relationships:

www.chooserrespect.org www.loveisrespect.org

Bullying:

www.stopbullyingnow.hrsa.gov www.thatsnotcool.com
<http://www.crisisconnectioninc.org/teens/bullying.htm>

Journaling:

<http://www.crisisconnectioninc.org/teens/journaling.htm>

Taking Care Of Yourself:

http://www.crisisconnectioninc.org/teens/taking_care_of_yourself.htm
"7 Habits Of Highly Effective Teens" – www.seancovey.com

Eating Disorders:

www.edreferral.com www.nationaleatingdisorders.org
www.anred.com www.4girls.gov

Abuse:

www.crisisconnectioninc.org



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More Community Resources Are Listed At:

http://www.crisisconnectioninc.org/teens/helping_resources.htm

