

## Self-Harm Matters

Shifting Incomplete Stories of Self-Harm Towards Truth

### Websites:

- <http://truthmedia.com/resources/self-mutilation/>
- <http://www.twloha.com/find-help/>
- <http://www.mercyministriesnews.com/2011/02/self-injury-videos-on-youtube-mercy.html>
- <http://www.crisischat.org/chat>
- <http://www.palace.net/llama/psych/self.html#>
- <http://powertochange.com/discover/chat/>
- <http://www.studentministry.org/helping-teens-overcome-self-mutilation-podcast/>

### Books:

- [Scars that Wound](#) – Jan Kern
- [Cut](#)—Nancy Alcorn
- [Beyond Cut](#) – Nancy Alcorn
- [Mercy for Self-Harm](#) – Nancy Alcorn
- [Bodily Harm](#)—Conteno
- [Stopping the Pain](#) – Shapiro

### Organizations and Hotlines:

- Air1 1888-Need-Him
- [www.groundwire.net](http://www.groundwire.net)
- Safe Alternatives 1800-366-8288
- Covenant House- 1800-999-9999
- National Hotline-1800-Suicide
- Youth Crisis Line – 1800 Hit Home
- Hopeline 1800-442-5673
- Child Help 1800-4-A-Child

### Videos:



**Why is Self-Harm Addictive?**



**Insights into Cutting and How to Get Help**