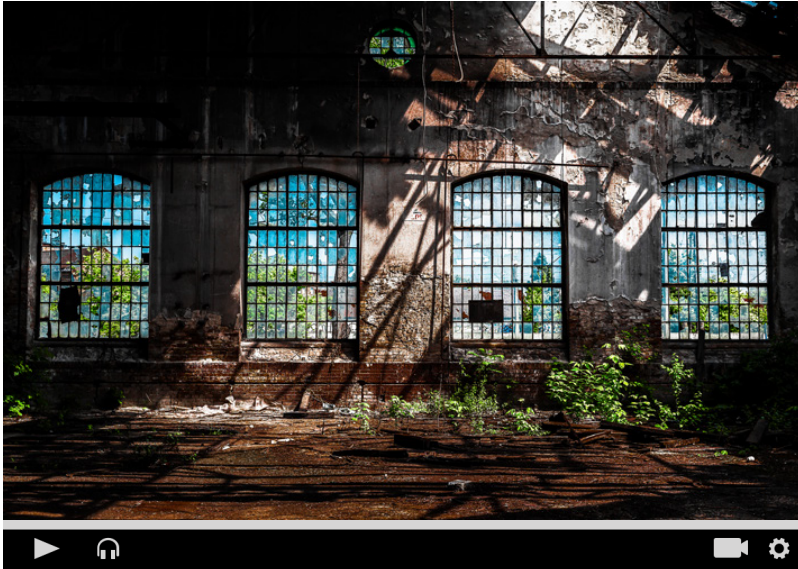


# **change your narrative**

Self-Harm Matters Resources

# change your narrative



## Building A Safety Plan

<https://youtu.be/sy1yM31mX3s>

If you are taking a stand against self-harm, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope that having a pathway can help you continue to seek wholeness.

**Please note:** Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back is not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is *Challenge The Storm*. You can check out their advice here: <http://challengethestorm.org/safety-plans-mental-health/>

They even have a sample plan that any of us are able to use to help us learn how to build our own plan. You can check that out here: <http://www.knowresolve.org/docs/safety-plan-web.pdf>

## Safety Plan Resources

**BeyondBlue App** provides tools to build and implement a safety plan.

**Suicide Prevention Lifeline – Safety Plan Template.**

[https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown\\_St StanleySafetyPlanTemplate.pdf](https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_St StanleySafetyPlanTemplate.pdf)

1 page safety plan print off with space to write in warning signs, coping strategies, and more.

**Get Self-Help**

<https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf>

Offers a second safety plan print off, with tools and resources from the UK.

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## **Therapist Aid**

<https://www.therapistaid.com/therapy-worksheets/suicide/none>

Offers free worksheets for building a self-harm safety plan, suicide assessment, and warning signs.

## **Nick's Experience With Using A Safety Plan**

[https://youtu.be/jW2Hvv\\_vN40](https://youtu.be/jW2Hvv_vN40)

One young man's story of how he uses a safety plan in times which feel challenging.

For additional support, tools, and resources to help you or someone you care about shift the story of self-harm, visit:

**ChangeYourNarrative.org**

# change your narrative



## Resources For Families - Addressing Self-Harm

### Insight And Perspective Direct From Families

#### A Parent's Journey

Young Minds

<https://www.youtube.com/watch?v=b4cPCcJ6o88>

Offers insight from parents who have had their children share about their self-harm.

#### CBS News - One Family's Story

<https://www.cbsnews.com/news/teen-shares-self-injury-secret/>

Provides one families story of working through their daughters self-harm habits.

#### WebMD – One Mother And Daughter's Story

<https://www.webmd.com/anxiety-panic/features/self-injury-one-familys-story#1>

Provides one mother and daughter's story of working through their her self-harm habits.

#### Reasons Why I Self-Harmed

BBC Three

<https://www.youtube.com/watch?v=rmLNnSITd4o>

Video testimony

# change your narrative

## Responding To A Young Person

### 20 Things People Who Self-Harm Don't Want To Hear

Bex Louise

<https://www.youtube.com/watch?v=YqsLvG5fRPA>

One young woman's perspective of why specific responses were more harmful than helpful.

### Responding To Self-Harm

Young Minds

<https://www.youtube.com/watch?v=uKGciUB8OSg>

Actor portrayal of helpful responses to self-harm, from actual stories of those who struggle.

## Understanding The Issue Of Self-Harm

### "What Is Self-Harm"

Boystown Hospital

[https://www.youtube.com/watch?v=ccYJG\\_c0BCQ](https://www.youtube.com/watch?v=ccYJG_c0BCQ)

Provides a short discussion for parents or concerned adults on the topic of self-harm.

### Helpguide -

<https://www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm>

Offers insight into self-injury including what it is, why it happens, tips on overcoming the urge to self-harm, alternatives, professional outlets, and how support members can help.

### 5 Not Obvious Signs of Self Harm

Psych2Go's YouTube Channel

<https://www.youtube.com/watch?v=0JjYINIU9hQ>

Helps to identify warning signs.

### Teens and Self-Harm, What Do Parents Need To Know?

Josh Shipp

<https://www.youtube.com/watch?v=m8c9JNWyN7Q>

Youth Worker advice and insight for families.

### Finding Help For Kids Who Self-Harm - Wendy Lader, PhD

Kids In The House

[https://www.youtube.com/watch?v=X-Vvr2owE\\_o](https://www.youtube.com/watch?v=X-Vvr2owE_o)

PhD professional insight on how to find help for a young person.

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## Resources For Teachers - Addressing Self-Harm

### What to Do When a Student Self-Harms

<https://www.weareteachers.com/student-self-harm/>

The missing manual for understanding and dealing with students who self-injure.

### Educators and Self-Injury

<https://educatorsandselfinjury.com>

Offers an eBook which hosts templates for protocol your school board can enact, along with information on how to communicate with parents and additional forms.

### Cornell Research Program: Developing & Implementing School Protocol

<http://www.selfinjury.bctr.cornell.edu/documents/schools.pdf>

Offers a thorough discussion of why developing protocol for your school is important—along with how to begin.

### NASP Center: Understanding and Responding to Students Who Self-Mutilate

[https://www.naspcenter.org/principals/nassp\\_cutting.html](https://www.naspcenter.org/principals/nassp_cutting.html)

Offers insight into what self-injury is, why it happens, the demographics of students affected, and insight into what resources are available.

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## **ASCD Helping Self-Harming Students**

[http://www.ascd.org/publications/educational\\_leadership/dec09/vol67/num04/Helping\\_Self-Harming\\_Students.aspx](http://www.ascd.org/publications/educational_leadership/dec09/vol67/num04/Helping_Self-Harming_Students.aspx)

Provides insight into top reasons why students turn to self-injury along with intervention recommendations.

## **Study.com: Student Self-Harm: Awareness & Procedures for Teachers**

<https://study.com/academy/lesson/student-self-harm-awareness-procedures-for-teachers.html>

Offers NSSI information and procedures for you and your school system. Members of study.com have access to full article.

## **Samaritans.org – 1 Hour Classroom Training**

<https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/dealing-feelings/self-harm-myths-and-facts/>

Provides teachers and educators a one hour session on self-harm for their students, including a discussion on myths and facts along with additional tools.

## **Teachers Pay Teachers**

<https://www.teacherspayteachers.com/Browse/Search:self-harm>

Offers a host of resources produced by teachers, for teachers.

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## Youth Ministry Resources - Addressing Self-Harm

### How To Help Teenagers Dealing With Self-Harm & Suicide

Dr. Jamie Dew. Jamie is the Dean of the College at Southeastern  
<https://thelongerhaul.com/teenagers-dealing-with-self-harm-and-suicide/>

Offers insight into the issue from a faith-based perspective.

### Mercy Ministries

<https://mercymultiplied.com/self-harm/>

Offers insight into self-harm, podcast links for greater understanding, and free eBook resources for those seeking to bring light into a challenging situation.

### YM Blog – Scary Stuff: Self-Harm – by Kurt Johnson

<https://youthministry.com/scary-stuff-part-3-self-harm/>

How to best respond to a student who confides about their self-harm and how you can be there for them and their parents.

### How Does The Gospel Apply To Self-Injury?

Key Ministries

<https://www.keyministry.org/church4everychild/2016/8/23/how-does-the-gospel-apply-to-self-injury>

Offers a gospel-centric lens in which to find a young person tangible help along with spiritual guidance.



## Youth Ministry Resources

### Four Reasons Kids Cut To Cope

Key Ministries

<https://www.keyministry.org/church4everychild/2016/7/19/four-reasons-teens-cut-to-cope>

Offers insight into why self-injury happens and what our response as youth ministries should be.

### What To Do When A Student Self-Harms – Podcast

Orange Blogs

<http://orangeblogs.org/xp3students/rym-011-what-to-do-when-a-student-self-harms/>

### Beyond Skin Deep: Responding To Kids Who Cut

Fuller Youth Institute

<https://fulleryouthinstitute.org/articles/beyond-skin-deep>

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