

change your narrative



What Is Self-Harm?

<https://youtu.be/yBlmaGtto9U>

Nonsuicidal self-injury (NSSI) involves socially unacceptable, self-inflicted harm to one's body without intent to die.¹

Healthyplace.com reports the most common forms of NSSI include:

- Cutting
- Burning
- Interfering with wound healing (picking or reopening wounds)
- Punching or hitting oneself or other objects
- Inserting objects into the skin
- Purposely bruising or breaking one's bones
- Certain forms of hair pulling²

Although, NSSI is not utilized as a means of ending a life, there is a correlation between the two. In a large study, 70% of adolescents who engaged in NSSI had made at least 1 suicide attempt and 55% made multiple suicide attempts.¹

Self-injurious behavior is often coupled with mental health issues such as depression or anxiety, and substance abuse. Additionally, one study's findings concluded that 55% of individuals who engage in self-harm have eating disorders.³

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MentalHealth.Net cites the top reasons behind Self-Injury include the ability to:

The 6 Reasons

1. Distract themselves, alter the focus of their attention, or regain control over their minds when experiencing pressing, unavoidable and overwhelming feelings or thoughts.
2. Release tension associated with strong emotions or overwhelming thoughts.
3. Feel something physical when they are otherwise dissociated and numb.
4. Express themselves or communicate and/or document strong emotions they are feeling and cannot otherwise articulate.
5. Punish themselves.
6. Experience a temporary but intense feeling of euphoria that occurs in the immediate aftermath of self-harm.⁴

1. Nock MK, Joiner TE, Jr, Gordon KH, et al. Non-suicidal self-injury among adolescents: diagnostic correlates and relation to suicide attempts. *Psychiatry Res.* 2006;144(1):65-72.

2. Gluck, S. (2012, August 24). Self Injury, Self Harm Statistics and Facts, HealthyPlace. Retrieved on 2019, October 23 from <https://www.healthyplace.com/abuse/self-injury/self-injury-self-harm-statistics-and-facts>

3. DeAngelis, T. (July/August 2015, Vol 46, No. 7.). Who Self Injures? Retrieved October 23, 2019, from <https://www.apa.org/monitor/2015/07-08/who-self-injures>.

4. 6 Reasons Why People Self-Injure. (n.d.). Retrieved October 23, 2019, from <https://www.mentalhelp.net/suicide/6-reasons-why-people-self-injure/>.

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

ChangeYourNarrative.org