

**change your  
narrative**

**SELF-HARM**

**CAN BE HARD TO UNDERSTAND.**

**WHAT SHOULD I KNOW ABOUT IT?**

**Change Your Narrative: Self-Harm Can Be Hard To Understand, What Should I Know About It?** Copyright © 2019; Cassandra Smith. Printed and bound in the United States of America. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information retrieval system—except by a reviewer who may quote brief passages in a review to be printed in a magazine, newspaper, or on the Web—without permission from the Publisher. For information, please contact publisher via:

[www.ChangeYourNarrative.org](http://www.ChangeYourNarrative.org)

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PRESS

SHIFTING INCOMPLETE

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STORIES OF SELF-HARM

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TOWARDS TRUTH



# How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

## **I Am Glad You Are Here...**

The goal of this book is to create an environment of support along with hosting resource and tools which guide individuals who struggle with self-harm towards wholeness.

You might have picked up this booklet for numerous reasons.

You might have a friend or loved one who struggles, and you are seeking to learn more about what they are going through and how you can support them.

You might be struggling with self-harm or wonder what to do.

No matter the reason you are here, you are welcome. We are glad you are here and hope to share insight which offers you guidance.

As you go through the next few pages, know I believe in your future and hope you find all of the tools you might be looking for to help you or someone you know to take action and fight back against self-harm which seeks to call the shots in life.

Because each of our stories—are far from over.

## Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take action, either for yourself or someone you know.

Healing is not a one time event. It is a process. Throughout that process, there are numerous obstacles. This must be acknowledged. Yet, even with the challenge, I believe you or someone you care for has what it takes to make it through.

We are rooting for each of you out there, not only once each of us completes a journey, but every step inside it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book for places to turn.

### For Immediate Help:

Covenant House- 1800-999-9999

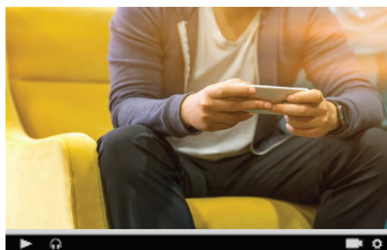
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>





SHIFTING THE NARRATIVE  
*of lost hope*

# What Is Self-Harm?

Nonsuicidal self-injury (NSSI) involves socially unacceptable, self-inflicted harm to one's body without intent to die.<sup>1</sup> [Healthyplace.com](https://www.healthyplace.com) reports the most common forms of NSSI include:

- Cutting
- Burning
- Interfering with wound healing (picking or re-opening wounds)
- Punching or hitting oneself or other objects
- Inserting objects into the skin
- Purposely bruising or breaking one's bones
- Certain forms of hair pulling<sup>2</sup>

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.<sup>1</sup>

## What Is Self-Harm? - Video Discussion



<https://youtu.be/yBlmaGtto9U>

# How Many Individuals Struggle?

Each year, 1 in 5 females and 1 in 7 males engage in self-injury.<sup>5</sup>

90 percent of people who engage in self-harm begin during their teen or pre-adolescent years.<sup>5</sup>

12-15 year olds are most susceptible to begin self-harming.<sup>6</sup>

Adolescents have the highest rate of self-injurious behaviors, with about 17% admitting to self-injury at least once in their life.<sup>7</sup>

College Students. Studies find that about 15% of college students report engaging in self-harm.<sup>7</sup>

Aside from very young children, adults are the least likely group of people to follow through with self-injury. Only about 5% of adults have self-injured in their lifetime.<sup>7</sup>

Nearly 50 percent of those who engage in self-injury activities have been sexually abused.<sup>5</sup>

Females comprise 60 percent of those who engage in self-injurious behavior.<sup>5</sup>

Approximately two million cases are reported annually in the U.S.<sup>5</sup>

# Why Would Someone Choose To Harm Themselves?

[MentalHealth.Net](https://www.mentalhealth.net) cites the top reasons behind Self-Injury include the ability to:

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.<sup>4</sup>

## Why Would Someone Self-Harm? - Video Discussion



<https://youtu.be/yBlmaGtto9U>

# Myths About Self-Harm

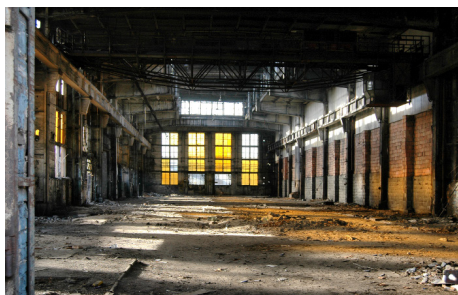
Several myths are obstacles for those seeking support for the thoughts and feelings which push them to turn towards self-harm as a coping mechanism. These myths include:

1. Self-harm is for attention.
2. Self-harm is only serious in cases of deep wounds.
3. Self-harming is about suicide.

If these myths are a barrier to you or someone you know receiving help or support, I encourage you to talk with someone who is skilled. They know the myths are incorrect and want to know the thoughts and feelings which matter most to you or someone you care for.

*For a deeper discussion on these myths, please turn to the video below. And for a list of skilled individuals they can talk to, turn to the back of this booklet in the “Communities Which Offer Support” section.*

## Myths About Self-Harm - Video Discussion



<https://youtu.be/T7HaC0BON4M>

## Warning Signs And Risks

Understanding the warning signs of self-injury can help us know when it is time to talk with a friend or loved one or point them to skilled, professional care. Here are few things to look out for which go beyond wearing long sleeves.

- Family members telling you that they are finding razors or knives in strange locations.<sup>8</sup>
- Regularly locking themselves away for long periods in their room or the bathroom.<sup>8</sup>
- The appearance of an abnormal number of bruises or scars.<sup>8</sup>
- Small, linear scratches, followed up by rational of accidents or brush offs like, 'The cat did it.'<sup>9</sup>
- Mood changes like depression or anxiety.<sup>9</sup>
- Out-of-control behavior.<sup>9</sup>
- Changes in relationships, communication, and school performance.<sup>9</sup>
- Expressing feelings of hopelessness or worthlessness.<sup>10</sup>
- Difficulties with relationships.<sup>10</sup>
- Blood stains on bedding, clothing, towels, or tissues.<sup>10</sup>
- Having sharp objects in their possession, including razors, safety pins, nail scissors, knives, needles, shards of glass, or bottle caps.<sup>10</sup>
- Increased isolation and social withdrawal.<sup>10</sup>
- Avoiding situations in which they need to reveal skin, such as swimming or changing in a locker room.<sup>10</sup>

# Factors Which Aid Against Self-Harm

A 2003 journal article<sup>11</sup> on youth suicide risk and preventative interventions found several factors which had the power to protect against suicidal behavior.

Though our discussion is on non-suicidal self-injury, I believe, by reason and good judgment alone, that these same factors offer strong support and can help aid against self-harm:

Factors that protect against suicidal behavior include:

- a good parent-child relationship
- strong cultural or religious values
- an intact family
- a sense of connection with peer group and community.<sup>11</sup>



# The Trap of Self-Harm

Several components within self-injury make it possible for someone to get caught in the trap of self-harm. An addictive cycle lies behind a challenging issue. By looking at these factors we can help others find ways to break it.

## 1. The Action

The action of non-suicidal self-injury offers several short-term “positives.” These can range from feeling a sense of control, the ability to feel after prolonged numbness, an external validation of internal pain, a signal for others to invest, and/or a release of endorphins.

## 2. The “Reward”

Because a short-term “positive” surfaces—and it is immediate—a learned behavior develops. This “reward” suggests a tool for coping has been found.

## 3. Guilt & Shame

Often, minutes after an act of self-injury, the “reward” passes—leaving a sense of deeply rooted guilt or shame. This compounds the problem which drove one to choose self-injury as a means of coping.

## 4. Intensification

Most addictive behaviors require intensification of the behavior in order to reach the same sense of reward. In the case of non-suicidal self-injury—this can prove to be



extremely dangerous. Yet, a sense of shame often makes it extremely difficult. Isolation and withdrawal become a typical coping style—distancing one from wholeness.

## **Breaking The Cycle**

If someone you care for is somewhere in the cycle—it is important for us to let them know we do not view them through the lens of shame. Let them know you believe there are legitimate, valid reasons why they chose to act in a behavior which was not healthy. You believe there is a story behind those reasons—and it is important.

Let them know you do not look at them any different because of the scars they carry which are external and internal. Neither one removes their right to belong. And you accept them as they are.

On the next page, we will explore guilt and shame—and discover how freedom is possible.

### **The Trap Self-Harm - Video Discussion**



<https://youtu.be/KBLIs1wmE78>

# Guilt Versus Shame

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. We need to understand the fact our words, actions, and behaviors have consequences. Guilt helps us to recognize those moments so we can take ownership of them, learn from them, and grow. Are there still consequences even after apologizing or seeking to make a situation right? Many times—the answer is yes. But there is a sense of rightness in it. Shame, however, doesn't offer a solution. It just grips our thoughts and emotions in a vice.

How do we escape the trap of shame? Because it is such a personal journey, I want to continue the conversation in the video below.

## Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

***YOUR PRESENT  
CIRCUMSTANCES DON'T  
DETERMINE WHERE  
YOU CAN GO; THEY  
MERELY DETERMINE  
WHERE YOU START.  
NIDO QUBEIN***

# Is It Okay To Talk Bring Up The Topic Self-Harm?

If you are wondering if someone you care for is fighting self-harm, and you question if you should bring it up, it is likely time to talk about it, but it is important to broach the topic with care.

While it may feel ideal for them to come to you and open up, there are times in which it is critical for you to bring up your concern for them.

The reasons why individuals choose to self-harm range from short-term incidents to life-altering events. Some of these are internal. Others are external.

The reason, cause, or longevity behind each story affected by self-harm is valid—and we acknowledge it can create major hurdles on the path to seeking wholeness. But that does not mean the person you care for can not fight—and fight well. One of the ways we start to do that—is to talk about it.

## Is It Okay To Bring Up The Topic? - Video Discussion



<https://youtu.be/CDWIHPwYWS8>

# What To Do After Someone Shares About Self-Harm

Learning that someone you care for is harming themselves can be incredibly painful. No one wants a friend or loved one to feel intense internal or external pain.

The reasons, cause and effect behaviors, and thoughts and emotions which lead someone to choose self-harm as a coping mechanism range from short-term triggers to extreme inner distress. As you lean in and learn more, you can enter into conversations with a healthy perspective. In order to do so, we suggest to:

- Avoid Judgment
- Process First
- Educate Yourself
- Acknowledge Further Incidents

*For a more in-depth discussion about these points, check out the video below.*

## Is It Okay To Bring Up The Topic? - Video Discussion



<https://youtu.be/-ekZHmK1HDY>



**CREATE A**  

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**TRAINING PLACE**  

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**AND STRATEGY SPACE**





## What Kind Of Help Exists?

Due to the intensive nature of self-harm and the fact it speaks to deep internal struggles, finding help for self-harm usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual who can help them connect with that skilled professional.

If you are the individual they turn to, be sure to encourage them. Reiterate that the pain which is locked inside of their thoughts and feelings deserves a place to be processed in a safe environment which can give them actionable guidance and tools.

Additionally, there are a host of tools which can help you both find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities Which Offer Support
- Finding A Professional

### What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Moodpath** offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

**Happify** includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

**What's Up** aids individuals in discovering the cause of feelings and thoughts through guided questioning.



**Self-Help For Anxiety Management (SAM)** offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

**Panic Relief** provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

**PTSD Coach** provides ways to understand PTSD along with how to find additional help.

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



## **Communities Which Offer Support**

**To Write Love On Her Arms -**

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

**7 Cups Of Tea -**

<https://www.7cups.com/depression-help-online/>

Offers chat rooms to begin a conversation, plus educational videos and when to seek professional help.

**Lifeline Crisis Chat -**

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

**Love Is Respect -**

<https://www.loveisrespect.org>

Offers education, support and advocacy to those facing complicated dating issues, along with a live chat feature connecting you to trained advocates.

**Remedy Live -**

<https://www.remedylive.com/depression>

Offers a faith-based videos on mental health issues along with trained advocates who want to connect.

**Anxiety And Depression Association Of America -**

<https://adaa.org/supportgroups>

Provides a listing of support groups, including a search feature to find a group near you.

**Heads Up Guys -**

<https://headsupguys.org/take-action/>

Provides action points and support specifically for men from men.

**OK2 Talk -**

<https://ok2talk.org>

Offers online support, education, and relatable stories for teens and young adults who battle mental health.

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A thousand disappointments  
IN THE PAST CANNOT

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equal the power of

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**ONE POSITIVE**

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**action right**

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NOW. GO AHEAD

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**& go for it.**

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**UNKNOWN AUTHOR**

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## **A Conversation On Depression Medication And Natural Remedy**

When thinking about sharing a story with a support professional, we may believe the first thing they will do is prescribe talk therapy or medication.


This is likely to be true. If that concerns us, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what you can expect when considering options.

In the video below, we have links to articles and voices which are more qualified to share.

**Please note:** In the instance of self-harm, it is likely individuals will need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding health and mental well-being.

### **What Is The Right Type Of Help? - Video Discussion**



 Watch video

<https://youtu.be/Vnch5AvmWAM>

## Reiterating Why You Offer Support

When an individual struggles with self-harm, they often are caught in a mental battle of wondering why they are worth your time, effort, or love.

The question in their mind constantly is, “Why someone would want to help me?”

They may also believe help will be temporary until someone sees them as a burden or as a person who is just “too much.”

Because of these factors, It is important for those offering support to be a continual source of reassurance in why you want to support them—why you want to see them reach a place of wholeness.

This does not mean they dictate our lives or we cater to every whim. That is not what I am talking about. Healthy boundaries are important in every relationship, even ones which have mental health complications in the midst.

Yet, I believe one of the best things we can do for someone who is struggling with self-harm is to continuously and consistently reiterate the *why* behind our actions.

So, “Why would anyone want to help someone who is fighting to shift the story of self-harm?”

I wholeheartedly believe it is because our care for that person gives us compassion and insight into three things: their future, their pathway, and their value.



## **Their Future**

You have an intrinsic belief that as someone you care for walks a path of wholeness and healing—they have a future.

## **Their Pathway**

You may not have the professional skill to offer the treatment or healing needed, yet you want to be with them on their pathway as they seek it out. You want to offer tangible guidance and see them win in the journey.

## **Their Value**

You have a foundational belief—that the person you care for has value. When you speak with them—it is directly tied into a personal reason why you believe they matter, have importance, and that the outcome of their life is important to you.

### **Reiterating Why You Offer Support - Video Discussion**



<https://youtu.be/fP4Xpr9jDz0>

# The Obstacles In Offering Help

It is fair to talk about the obstacles someone you care for may meet along their journey. It is incredibly tough to watch them face one or all of the following. I acknowledge the fact these moments can create tremendous setback or make it difficult for them, or maybe even you, to want to continue to fight for wholeness. I encourage you to continue to seek support and encouragement for yourself as you journey alongside of them. May you have the strength to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

*For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.*

## The Obstacles In Offering Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>

# Am I A Failure If Someone I Care For Won't Stop Self-Harming?

If someone you care for is engaging in repetitive, non-suicidal self-injurious actions, it can be incredibly painful to watch them continue that behavior.

You likely have noticed your own sense of worry, fears, and emotions for that person. This is natural, because you love them and want them to be healthy.

But the one thing we don't talk about is the fact that beneath all of this, you may also feel a sense of failure.

If you feel as if you have failed at being a good friend or supportive loved one because the individual you care for has not ceased a harmful behavior, I want you to know I understand. Your feelings are valid. But, you are not a failure.

In this instance, we need to change the parameters for what true success and failure really are. Let's continue the conversation in the video below:

## Fighting The Feeling Of Failure - Video Discussion



<https://youtu.be/3uzxDcsNPo0>

**FAILURE IS AN EVENT, NEVER  
XXX a person. XXX**

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**◀◀◀ *dale carnegie* ▶▶▶**

# What To Do When Someone Pushes Back

Getting push back when you try to help, is frustrating. As you engage with them, remember it is important to:

1. Go at their pace.
2. Own what is yours.
3. And yet, know this may not be about you.

Recognize push back is often overcome by:

- Being consistent.
- Stating why you are for them.
- Reaffirming them.
- Apologizing for previous disappointments.

Lastly, be honest. It might be good to share how their behavior made you feel.

*For a more in-depth discussion about these points, and how to overcome them, check out the video below.*

## The Obstacles In Seeking Help - Video Discussion



<https://youtu.be/RZvb4ZRt6rA>

# Building A Safety Plan

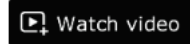
If you are taking a stand against self-harm, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope that having a pathway to fight back can help you continue to seek wholeness.

**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 against self-harm 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>

## Building A Safety Plan - Video Discussion



<https://youtu.be/DKb5F6PJfA>

## **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.

### **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.

## The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can.

I welcome you, and those you care for, to find it.

### The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>



## Identity Goes Beyond The Struggle

In the core of who I am—I am convinced none of us are defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you or someone you love has faced a deep struggle or have been treated in ways they did not deserve, I believe it does not have to be the key identifier of what makes an individual—them.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define a life. I believe each of us still have life in front of us and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

### Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>



## Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

## Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhc-CY&t=6s>

## **Please Note:**

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

**If you are in immediate harm or danger call 911.**

## **Additional Resources:**

24/7/365 Crisis Call Center Hotline:  
1 (1800) 273-8255

National Suicide Prevention Lifeline  
1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Moodpath** offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

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<https://www.7cups.com/depression-help-online/>

Offers chat rooms to begin a conversation, plus educational videos and when to seek professional help.

**Lifeline Crisis Chat -**

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

### **Love Is Respect -**

<https://www.loveisrespect.org>

Offers education, support and advocacy to those facing complicated dating issues, along with a live chat feature connecting you to trained advocates.

### **Remedy Live -**

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### **Anxiety And Depression Association Of America -**

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Provides a listing of support groups, including a search feature to find a group near you.

### **Heads Up Guys -**

<https://headsugguys.org/take-action/>

Provides action points and support specifically for men from men.

### **OK2 Talk -**

<https://ok2talk.org>

Offers online support, education, and relatable stories for teens and young adults who battle mental health.





## Resources for Parents

**The American Depression And Anxiety Association of America** has a screening tool for you to use and share with your child's doctor. It can be found here:

<https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-anxiety-disorder-children>



Scan Here For Tool

Additionally, the **Mayoclinic** and **CDC** have helpful guides which can come along side of you as you find your child the support they might need.

<https://www.cdc.gov/childrensmentalhealth/depression.html>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

## **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

## **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/cubng-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=0JYINIU9hQ>

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.

## Support For Families

**The National Alliance On Mental Illness** has a directory of support groups for you and your family.

<https://www.nami.org/find-support/nami-programs/nami-family-support-group>

**The Society For Adolescent Health And Medicine** has a comprehensive listing of additional support options.

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

**The Depression And Bipolar Alliance Support Alliance** offers connection to local chapters.

[https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help\\_family\\_center\\_support](https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help_family_center_support)

**Family Caregiver Alliance** provides a map of network help in your area.

<https://www.caregiver.org/family-care-navigator>



## **Resources For Youth Ministry**

### **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/church4every-child/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.

## **Four Reasons Kids Cut To Cope**

Key Ministries

<https://www.keyministry.org/church4every-child/2016/7/19/four-reasons-teens-cut-to-cope>

Offers insight into why self-injury happens and what our response 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>



## **Resources For Teachers**

### **What to Do When A Student Self-Harms**

We Are Teachers

<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 how to communicate with parents.

### **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 resources.

**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.

### **Samaritains.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.

# change your narrative

## The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



[ImChangingIt.com](http://ImChangingIt.com)



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