



## SELF-HARM & SUICIDE PREVENTION

Self-harm, also known as non-suicidal self-injury (NSSI), is a critical issue among teenagers that requires empathetic understanding and proactive support. According to the 2024 Georgia Student Health Survey, more than 116,000 students reported seriously considering self-harm.

### Source: Georgia School Climate Survey

Self-harm may stem from suicidal thoughts, serve as a coping mechanism to regain control over one's body, or be a way to feel better and find relief from pain. Self-harm involves deliberately hurting oneself without the intention of suicide, often as a way to cope with overwhelming emotions. Reaching out for help—like talking to a counselor, trusted adult, or support group—can make a huge difference and help you start feeling better and healing in healthy ways.

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

**Follow for more resources!**

**@freeyourfeelsga**



## RESOURCES

Find online resources by clicking the logos



Crisis Text Line offers a comprehensive webpage about self-harm, warning signs, and provides guidance on how to deal with self-harm by offering healthy coping mechanisms and support resources.



The Trevor Project offers a webpage focused on self-harm and suicide awareness, providing valuable information, resources,.



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies. Click the graphic above for the 988 website.

## ACTIVITY

### ALTERNATIVES TO SELF-HARM

If self-injury helps release anger...  
hit a pillow, stomp the ground, rip paper, flatten cans.

If the self-injury reduces tension...  
run, do yoga, meditate, stretch a rubber band and let it go.

If the self-injury helps ease sadness...  
chat with a friend, listen to a favorite song, eat some comfort food, write out your feelings, do something that makes you feel supported.

If the self-injury helps you feel less numb...  
create a sharp physical feeling, like putting your hand in ice water, snapping a rubber band on your wrist, or clapping your hands hard.

**Source: [www.thetrevorproject.org](http://www.thetrevorproject.org)**

**Take a moment to reflect on situations or emotions that might lead someone to consider self-harm, and add to this list of alternative coping strategies, or create your own!**

## Breaking the Silence

Self-harm is not an attention-seeking behavior, nor is it limited to teenage girls — it affects people of all genders and backgrounds.

Through awareness, education, and compassion, we can help prevent self-harm and suicide by empowering people to find healthier ways to cope. Recognizing the signs and knowing how to respond can make a difference. Healthier alternatives include:

- Reaching out to a crisis counselor
- Expressing emotions through art, music, or writing
- Practicing mindfulness or meditation
- Seeking support from friends, loved ones, or pets

Together, understanding and empathy can lead to healing and hope.