



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. In the 2023-24 school year, 15% of Georgia students self-reported that they'd considered harming themselves on purpose within the past year. This statistic underscores the need for community awareness and positive intervention.

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. Common forms of self-harm include cutting, burning, and scratching.

Despite misconceptions, self-harm is not an attention-seeking behavior nor is it limited to teenage girls; it affects individuals of all genders and backgrounds. Through awareness, education, open dialogue, and compassion, we can help prevent self-harm and suicide, and empower these youth to find healthier ways to manage difficult feelings and build on their strengths.



RESOURCES:

Gaining a deeper understanding of self-harm is crucial for knowing when and how to intervene, whether for ourselves or others. It helps us identify alternative ways to manage intense emotions, such as:

- Reaching out to a crisis counselor at 988 or text :*"hello"* to 741741
- Engaging in creative activities like drawing or making music
- Practicing mindfulness and meditation, and
- Seeking support from friends or pets



(additional resources on on page 2)

ACTIVITY:

The Trevor Project provides a webpage focused on self-harm awareness, offering valuable information and resources. They suggest various alternatives to self-injury. 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!



ALTERNATIVES TO SELF-INJURY:

- If cutting helps release anger... hit a pillow, stomp the ground, rip paper, flatten cans.
- If cutting reduces tension... run, do yoga, meditate, stretch a rubber band and let it go.
- If cutting 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 cutting 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.



RESOURCES:



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.



Self-Harm

Feeling like slipping up again? Want to learn more about self-harm and how to cope? Learn more or text CONNECT to 741741 for support with SH.

Crisis Text Line