



SELF-HARM AWARENESS

WHAT IS IT?

Self-harm is when someone hurts themselves on purpose to deal with overwhelming emotions.

WHY IT HAPPENS

Stress, pain, feelings of being out of control, being bullied, inability to maintain healthy relationships, depression, anxiety, low performance in school, or previous traumatic experiences.

COMMON FORMS

Cutting, burning, scratching, or hitting.

WHO IT AFFECTS

ANYONE. Self-harm doesn't discriminate.



ABOUT THE CAMPAIGN

The Free Your Feels (FYF) campaign is a mental health campaign in Georgia that helps young adults, teens, and children stay mentally healthy. The campaign offers free mental health resources and support.

@freeyourfeelsga



ACTIVITY: COPING TOOLBOX

Grab a box and decorate it to your liking. Add some of your favorite items, such as:

- Stress balls and fidget toys
- Motivational quotes or photos
- Crayons and coloring book
- Phone numbers of supportive friends, family, or other people you trust
- Pen and paper for doodling or drawing
- Pocket-size notebook to journal or write what you are grateful for

For more toolbox ideas, visit [ABC NEWS](#)



IF YOU'RE STRUGGLING

Talk to someone IRL - a teacher, counselor, or friend

Visit [FYF](#) for tools, tips, and resources

Call or text 988 for support



HOW TO HELP A FRIEND

BE A SAFE SPACE.
Listen without judging.

ENCOURAGE HELP.
Suggest they speak with a counselor or another trusted adult.

STAY SUPPORTIVE.
Healing takes time - be there for them!