



*Inside*  
**SELF-HARM**

A RESOURCES GUIDE

BY TARA LEE FELIX

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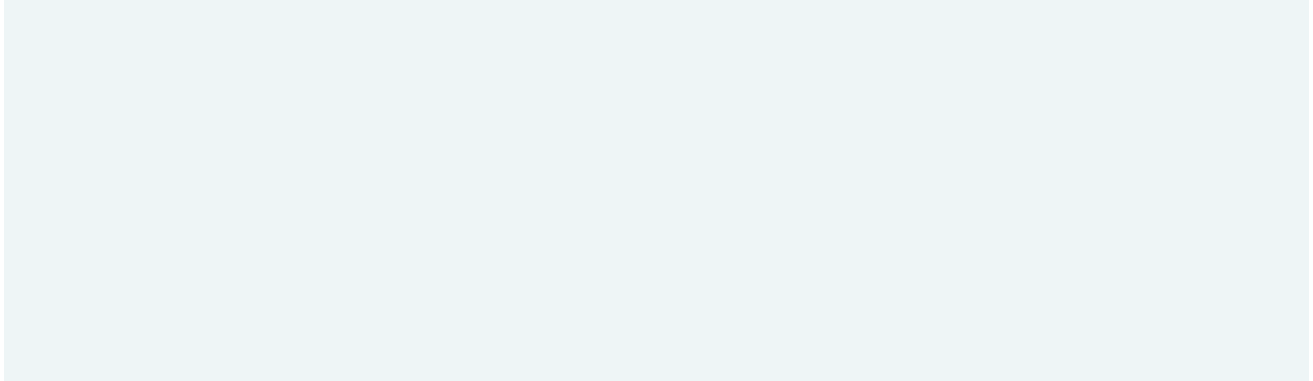
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# Inside **SELF-HARM**

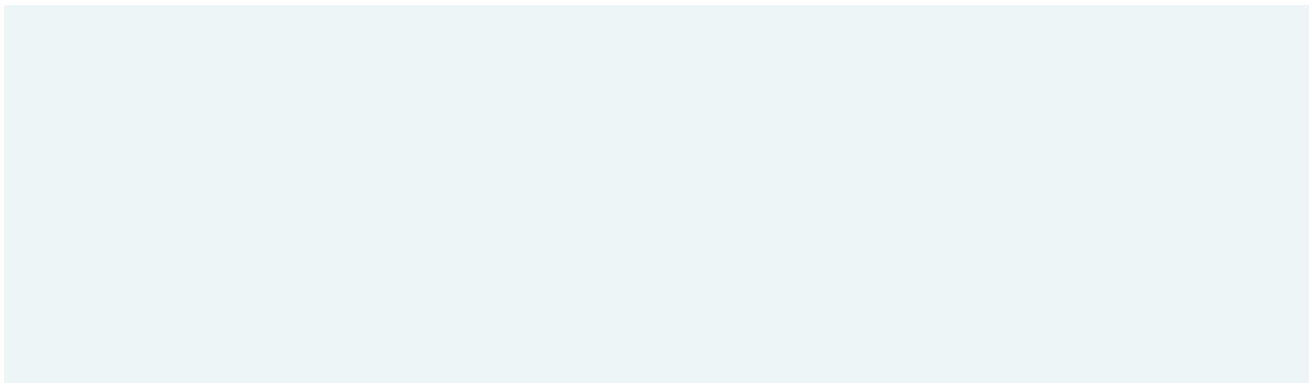
## Self Harm Statistics

We will explore six different self harm statistics tonight. Below you will find each statistic and space to take notes if you choose.

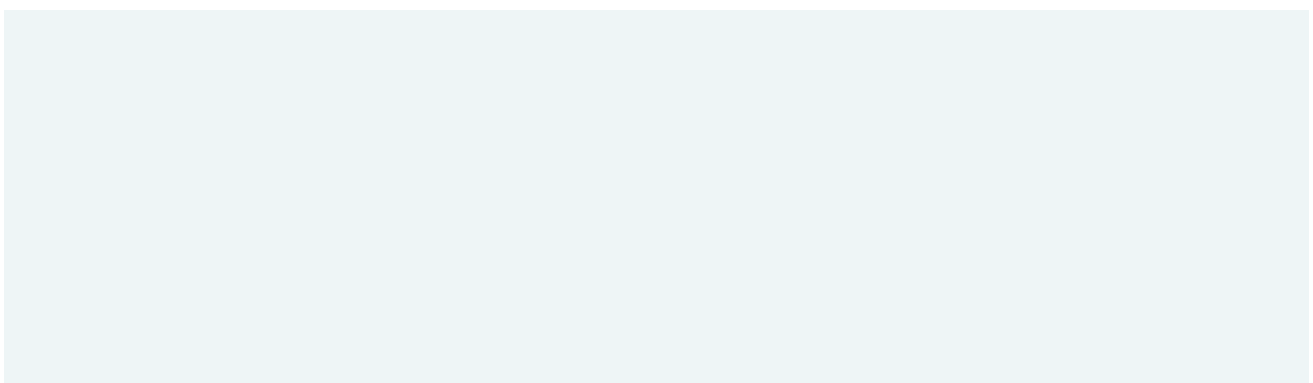
**#1: RISK FACTORS INCLUDE EXPERIENCING STRESSFUL LIFE SITUATIONS LIKE TRAUMATIC EVENTS AND FAMILY INSTABILITY.**



**#2: SELF-HARM INVOLVES UNWANTED FEELINGS LIKE DEPRESSION, ANXIETY OR ANGER**



**#3: NEARLY 50 PERCENT OF THOSE WHO ENGAGE IN SELF-INJURY ACTIVITIES HAVE BEEN SEXUALLY ABUSED.**

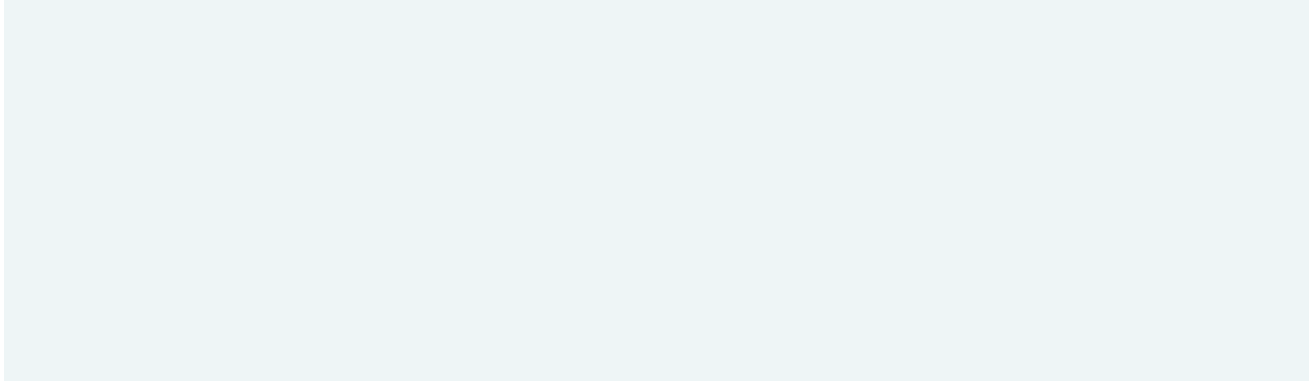


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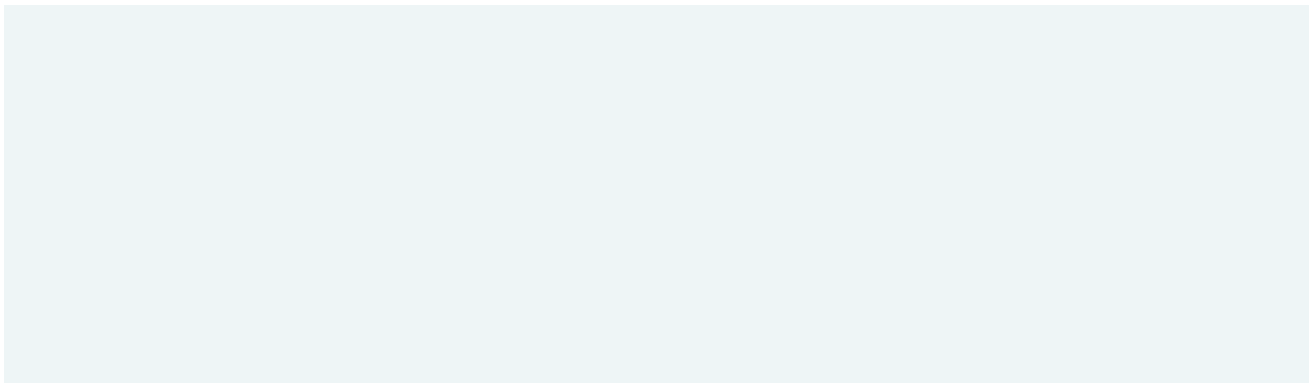
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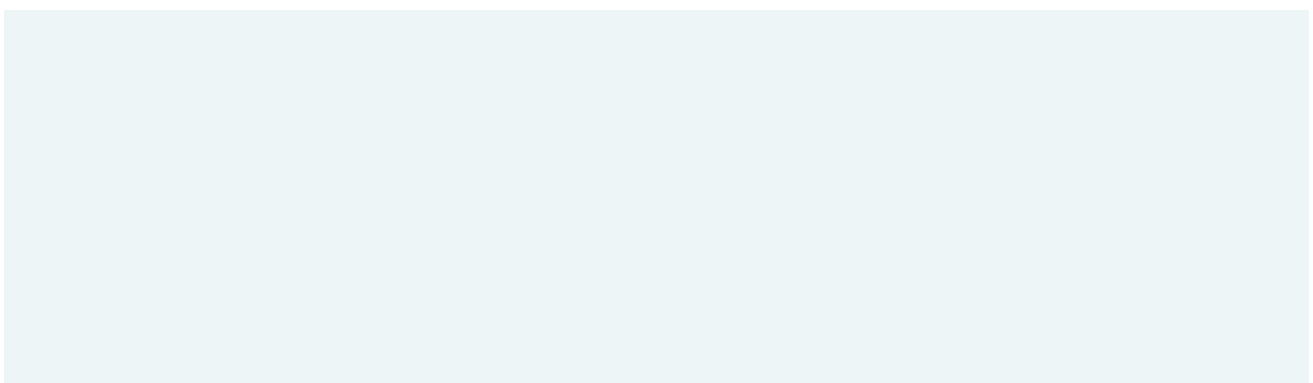
**#4: UP TO 79% OF INDIVIDUALS WHO SELF INJURE REPORT PHYSICAL ABUSE DURING HIS OR HER CHILDHOOD**



**#5: ABOUT 50 PERCENT OF THOSE WHO ENGAGE IN SELF-MUTILATION BEGIN AROUND AGE 13**



**#6: ADDITIONAL RESEARCH SHOWS THAT ABOUT 55% OF PEOPLE WHO SELF-HARM HAVE EATING DISORDERS.**





# Notes



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# Signs and Differences

## SIGNS OF SUICIDAL TENDENCIES

- If a person talks about killing themselves
- They have a plan to kill themselves or are looking online for methods
- They are feeling trapped and incredibly hopeless
- Increased use of alcohol or drugs
- Withdrawing from activities  
Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Showing aggression
- Saying things like \_\_\_\_\_ would be better off if I wasn't alive
- Feeling like a constant burden to others
- Dealing with unbearable pain

## SIGNS OF SELF-HARM

- Unexplained injuries, wounds or scars often on wrists, arms, thighs or chest
- Wanting to spend long periods of time alone in their room or bathroom
- Cuts on the body that are very straight lines or spelled out words
- Having sharp instruments readily available or even lighters if they don't smoke
- Wearing clothes that cover arms and legs, even in hot weather
- Low self-esteem issues
- Struggling with mental health conditions, like depression, anxiety and personality disorders
- Irritability and Isolation
- Increased drug/alcohol use or addiction
- Having trouble handling emotions or relationship problems
- Inability to function properly at home or school

# Questions You Can Ask

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- "I'm worried about you. It looks like you're going through a difficult time." (Then list the behaviors you've observed.)
- "Do you ever have thoughts of harming yourself?"
- "Do you ever have suicidal thoughts?" (thoughts or a plan on acting on them?)
- "Tell me more about what is happening to you. I'm here to listen."
- "Can you talk to me about what you're experiencing?"
- "Do you have anyone that you can talk to about this?"
- "Do you feel like you want to talk to someone else about this? Who might that be?"

## Additional Ideas

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# Healthy Coping Ideas

## IF THEY CUT TO EXPRESS PAIN

- Paint, draw, or scribble on a big piece of paper with red ink or paint
- Express your feelings in a journal
- Compose a poem or song to say what you feel
- Write down any negative feelings and then rip the paper up
- Listen to music that expresses what you're feeling



## IF THEY CUT BECAUSE OF NUMBNESS

- Call a friend, leader or someone to talk to
- Take a cold shower
- Do something fun with friends
- Chew something with a very strong taste. (peppermint, cinnamon or gum)

## IF THEY CUT BECAUSE OF ANGER

- Exercise vigorously—run, dance, jump rope, or hit a punching bag
- Punch a cushion or mattress or scream into your pillow
- Squeeze a stress ball or squish Play-Doh or clay
- Rip something up (sheets of paper, a magazine)
- Make some noise (play an instrument, bang on pots and pans)



## IF THEY CUT TO CALM/SOOTHE

- Take a hot bath or shower
- Paint, draw, or scribble on a big piece of paper
- Listen to calming music
- Spend time playing with a pet
- Wrap yourself in a warm blanket.

Other Ideas

# Scripture Ideas

- Psalm 139:14
- Genesis 1:26-31
- Romans 8:30-34
- Psalm 34:18-19
- John 3:16
- Colossians 1:22
- Psalm 23:4
- Philippians 4:13
- 1 Corinthians 10:13
- 1 Peter 5:7
- Psalm 119
- John 10:10
- Colossians 1:13-14
- Ephesians 2:10
- 1 Corinthians 6:19-20
- Psalm 6
- 2 Tim 1:7

# Additional Resources

## Websites and Helplines

- National Suicide Prevention Lifeline at 1.800.273.8255
- Self Injury Foundation's - 24-hour national crisis line 1-800-334-HELP
- Crisis Text Line - Text CONNECT to 741741
- American Foundation for Suicide Prevention
- To Write Love On Her Arms - They have a search for all types of help if you put in zip code
- Self Mutilation Presentation - Toni Lampe
- Hopeline - Free Self-Harm ebook
- Axis Ministries - Parent Guides this and many topics
- Anthem of Hope
- Safe Harbor House
- Recovery Village
- Local - New Life Resources Christian Counseling
- Lutheran Social Service RAYS program - Counseling, Family Mediation and 24 hour helpline. Sheboygan County - 920-458-7100
- Safe Harbor of Sheboygan County, Inc. - serves individuals and families affected by domestic and sexual violence.