

Self-injury = intentional destruction of body tissue without suicidal intent and for purposes not socially sanctioned

### Self-injury Suicidal

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- ~ To cope, for self-preservation
- ~ To feel better and keep going with life
- ~ Typically non-lethal, but accidents *can* happen
- ~ May be both suicidal and self-injurious, fluctuate

### Why self-injure?

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- ~ To cope
- ~ Release, get rid of bad feelings
- ~ Feel anything, not numb, real, alive
- ~ Feel more in control
- ~ Punish oneself
- ~ Communicate distress
- ~ Get a high, rush (addictive quality)

### What to keep an eye out for

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- ~ Unexplained or weak stories for bruises, cuts, burns, injuries, bandages, etc.
- ~ Wearing clothing (e.g., long sleeves) inappropriate for the weather or setting (e.g., beach, PE)
- ~ Refusal to go swimming or do other things that would require skin exposure
- ~ Bloody tissues, towels, clothes
- ~ Stash of razors, sharp objects, or other tools in bedroom, book bag, purse

### Less helpful

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- ~ Ignoring, minimizing, ridiculing
- ~ Anger, punishment
- ~ Judgment
- ~ Disgust

