

Do Not Fool Yourself

Self-injury can become an addiction that may lead to or be symptomatic of suicidal thoughts

Safety is a primary concern

It is vital to determine that the self-injurer is not suicidal

For Emergency Help

Call Wheeler Clinic's Mobile Crisis Unit 866-261-0893

or

The Institute of Living's 24-hour assessment line at 860-545-7200

or

go to the nearest emergency room.



Concerned About Someone or Yourself?

Use this brochure to talk about your concerns.

Offer your help and support.

Ask for help when you need it.

For Information

www.selfinjury.com or

Call HopeWorks at (860) 561-1175, ext. 0
or email us at hopeworks@snet.net.

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## Contributions to HopeWorks

We rely on the generosity of people like you in order to continue offering our services. **All contributions** are very gratefully accepted.

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## Understanding Self-Injury

*"I hurt myself today to see if I still feel."  
Nine Inch Nails*



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☆

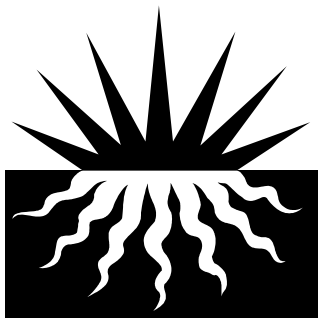
*Providing hope and help to young people and their families through counseling and education*

## Self-Injury Defined

Self-injury is the deliberate, repetitive, impulsive and non-lethal harming of one's self.

### Examples of Self-Injury:

- ✦ Cutting
- ✦ Scratching
- ✦ Picking scabs or interfering with wound healing
- ✦ Burning oneself
- ✦ Pulling out one's own hair



### People Who Self-Injure Report Feeling:

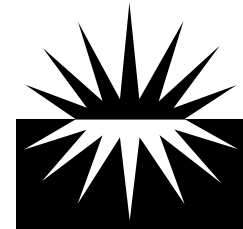
- Empty inside
- Too much stress
- Lonely
- Fearful
- Misunderstood
- Stuck
- Hopeless

### Warning Signs:

- ✦ Frequent injuries including cuts, burns, bruises and broken bones
- ✦ Wearing long pants, arm bands and/or long sleeves in warm weather
- ✦ Difficulty expressing feelings
- ✦ Withdrawing from relationships

### Breaking the Self-Injury Habit, Ask Yourself:

1. Do I have a problem?
2. Who can I ask to help me stop?
3. How dangerous is it?
4. What are the reasons I want to stop self-injuring?
5. Where can I get counseling?



6. What else can I do when I feel like self-injuring?
7. What are my triggers?
8. How can I address my problems directly?