



## Self-Harm Resource Sheet

### Overview:

This document serves as a self-harm resource guide for K-12 educators. Self-harm is when someone hurts themselves on purpose (e.g., cutting, scratching, or burning) for a variety of reasons. It is imperative that educators serve as trusted adults for youth to confide in and connect students to resources, since self-injury is a risk factor for suicidal thoughts or actions.

### Best Practices:

Self-harm is a very sensitive subject – before any resources are shared with colleagues, caregivers, or students a trigger warning should be provided.

If you are sharing a video, be mindful of the ads (placed before the clip), pictures, words, messaging in the video which might “trigger” a negative response from youth. When sharing an article, video, or resource, be aware of the public comments that are at the end of the document, which may not be following guidelines for safe speech to prevent suicide.

Please do not show any graphic images or videos of self-harm.

## INFORMATIONAL WEBSITES ABOUT SELF-HARM

<u>Resource</u>	<u>Topics Addressed</u>
Crisis Text Line – <a href="#">How to Deal with Self Harm</a> (English) <a href="#">Como enfrentarse a la autolesión</a> (Spanish)	What is self-harm? Types of self-harm Symptoms of self-harm How to deal with self-harm? Why do people self-harm? Effects of self-harm? Recovering from self-harm
National Alliance on Mental Illness – <a href="#">Self-harm</a>	What is self-harm? Why people self-harm Treatment and coping What to do when someone self-harms
The JED Foundation – <a href="#">Understanding Self-Injury</a>	Common forms of self-injury Understanding patterns of self-injury Self-injury as a coping mechanism Self-injury is often cyclical Hiding self-injury behavior Long-term effects of self-injury Does self-injury lead to suicide? How to help someone who is self-injuring?

## RESOURCES FOR SCHOOL, STAFF, AND COMMUNITY LEADERS

<u>Resource</u>	<u>Additional Details</u>
Cornell University – <a href="#">Self-Injury &amp; Recovery Resources</a>	Click the “Resources About” section ⇒ “Schools”
YoungMinds – <a href="#">Responding to self-harm</a>	For schools, community support, and school workers
Self-injury Outreach and Support (SiOS) – <a href="#">A Guide for School Professionals</a>	Click on the downward arrows to read more

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