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

<table>
<thead>
<tr>
<th>Resource</th>
<th>Topics Addressed</th>
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</thead>
</table>
| Crisis Text Line –  
How to Deal with Self Harm (English)  
Como enfrentarse a la autolesión (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 –  
Self-harm | What is self-harm?  
Why people self-harm  
Treatment and coping  
What to do when someone self-harms |
| The JED Foundation –  
Understanding Self-Injury | 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

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

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