



Self-harm

For some people, when depression and anxiety lead to a tornado of emotions, they turn to self-harm looking for a release. Self-harm and self-injury are any forms of hurting oneself on purpose. Usually, when people self-harm, they do not do so as a suicide attempt. Rather, they self-harm as a way to release painful emotions.

Self-harm can be a way of dealing with deep distress and emotional pain. It may help you express feelings you can't put into words, distract you from your life, or release emotional pain. Afterwards, you probably feel better—at least for a little while. But then the painful feelings return, and you feel the urge to hurt yourself again.

For an overview of the types of Self Harm, symptoms, why people self-harm, effects of self-harm, how to deal with self-harm, and recovery from self-harm, check out:

Mind Understanding Self-harm for 11-18-year-olds

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/understanding-self-harm/>

Crisis Text Line – What is Self-harm

<https://www.crisistextline.org/topics/self-harm/#what-is-self-harm-1>

Help Guide – Cutting and Self-harm

<https://www.helpguide.org/mental-health/suicide-self-harm/cutting-and-self-harm>

NAMI – Resources for people who use Self harm

<https://www.nami.org/co-occurring-conditions/self-harm/>

For educational videos to help better understand self-harm and associated disorders, check out:

Self-Injury.com

<https://selfinjury.com/home/resources/>

ADAA – What is Self-harm Video

<https://adaa.org/about-adaa/press-room/multimedia/what-self-harm-video>



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Other Resources

How to help yourself if you self-harm

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/helping-yourself-if-you-self-harm/>

How to support someone who self-harms

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/supporting-someone-who-self-harms/>

Tips for coping with self-harm – for 11–18-year-olds

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/tips-for-coping-with-self-harm/>

JED – Alternatives to self-harm

<https://jedfoundation.org/?s=self+harm>

University of Tulsa – Self-harm

<https://libraries.utulsa.edu/c.php?g=1313332&p=9655216>

Mental Health America - Self Injury and Youth

<https://mhanational.org/resources/self-injury-and-youth/>

Mental Health America - Cutting, Self-Harm or Self-Mutilation

<https://mhanational.org/conditions/self-injury-cutting-self-harm-or-self-mutilation/>

Mental Health America – Suicide and Self-harm Prevention

<https://mhanational.org/calendar/suicide-and-self-harm-prevention/>

SAMHSA – Self-harm

<https://www.samhsa.gov/mental-health/what-is-mental-health/conditions/self-harm>

For ways to help a family member or friend

<https://selfinjury.com/home/resources/interventions/>

For support groups

<https://namimass.org/selfharm/>

For more information, support, and Catholic therapists, contact Rich at hello@thechurchofstluke.org