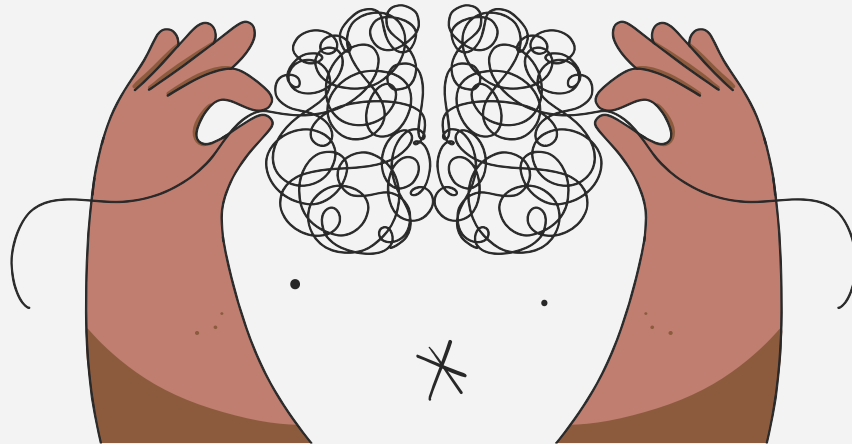


# Self Harm

## A Basic Guide For Caregivers

\*Trigger Warning: The content of this presentation consists of sensitive information that may be emotionally challenging. If you are not comfortable listening to this portion, you may step out and return once this presentation is finished.



# 2021 YRBS Results NMI Middle School Survey

<b>Question/Category</b>	<b>6th Grade</b>	<b>7th Grade</b>	<b>8th Grade</b>
<b># of Students who were bullied on school property</b>	25.8%	27%	30.2%
<b># of students who were bullied online</b>	31.6%	38.2%	33.7%
<b>% of students who ever seriously thought about killing themselves</b>	32.4%	34.4%	39.4%
<b>% of students who ever made a plan about how they would kill themselves</b>	24.1%	27.8%	32.7%
<b>% of students who ever tried to kill themselves</b>	12.9%	16.1%	14.7%



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01

# What Is Self Harm?



# What Is Self-Harm?

**Self-harm** is when an individual hurts him/herself on purpose.

This could be through things like bruising, burning, cutting, or other physical injury.

Self-harm is an **unhealthy, unhelpful** coping skill.

**Although self-harm is non-suicidal behavior, the emotional and/or psychological distress that leads to self-harm can also lead to thoughts of suicide.**



# Signs to look for...

- Unexplained, frequent injury (scratches, cuts, bruises, etc.)
- Wearing long-sleeved clothing such as hoodies in hot weather
- Secretive behaviors/ withdrawn
- Consistent Relationship problems
- Possession of sharp objects such as knives, blades, scissors... 
- Substance abuse
- Expression of self-harm via social media (notes, stories)



02

# Why Do They Self-Harm?

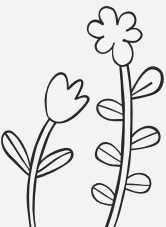




# Why Do They Self-Harm?

Research has not been able to clearly define the life factors that lead to self-harm. However, there is some evidence that the following reasons play a role in the self-harm for some:

- ❖ As self punishment
- ❖ Feeling invalidated
- ❖ Physical/Sexual abuse
- ❖ Seeking a sense of control
- ❖ Sexual identity issues
- ❖ To distract from unwanted feelings
- ❖ To express psychological pain physically

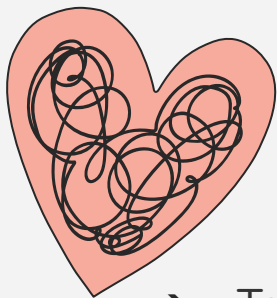




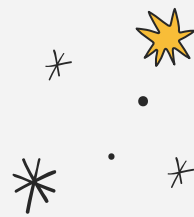
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# What Can I Do Now as a Parent/Guardian?



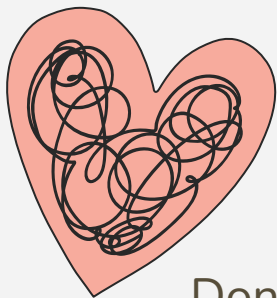


# What Can I Do Now?



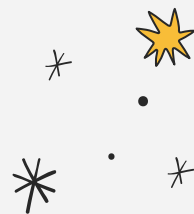
- Take a deep breath.
- Realize that you can access help. Find a mental health professional and make an appointment as soon as possible. There are many programs available for you and your family.
- Do provide a listening ear when your child needs someone to talk to. Create an accepting atmosphere for your child.
- Do help coordinate safety plans for your child with the mental health professional.
- Do keep Hopwood Middle School updated about any changes in your child's intervention plan and his/her overall status.





# Have the conversation

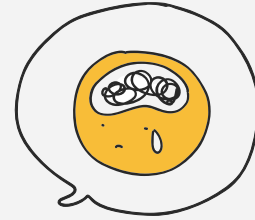
Don't be afraid to ask your child if they're engaging in self-harm or know others who are. Take a non-judgemental position, listening more than you speak. It's okay to admit that the subject is tough for you, while expressing your love and concern. "This is hard for me to even think about because I care about you and want you to be healthy and safe, always."





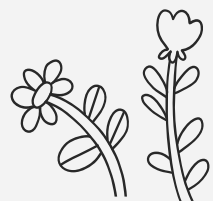
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# Making The Environment Safe



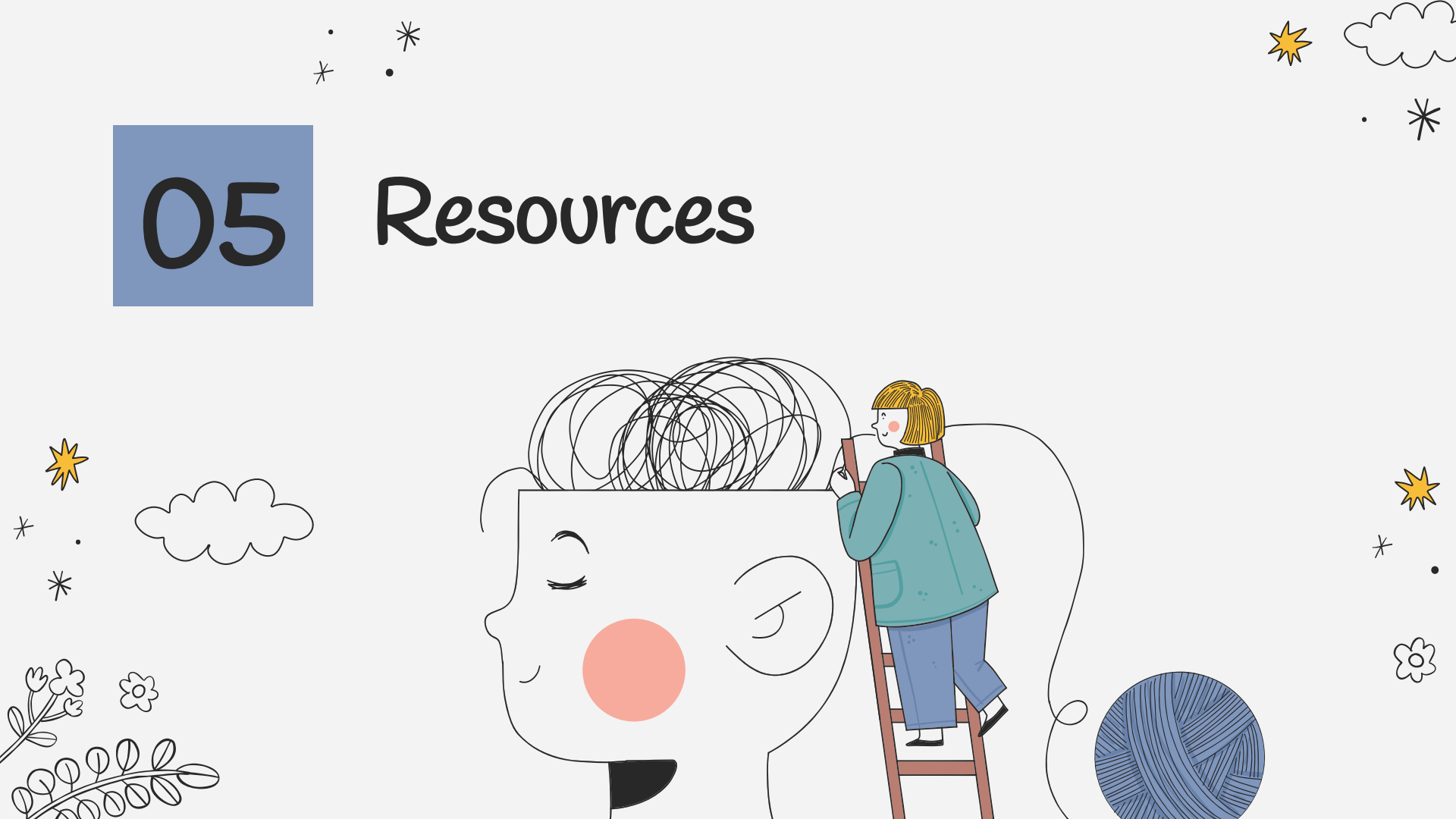
# Making The Environment Safe

- ★ Explore different healthy, helpful coping strategies (Writing in a journal, speaking to a counselor or other mental health provider, taking up a hobby, exercise, etc.).
- ★ Monitor, remove, and/or secure any objects that may be sources of risk at home, like medications, ropes, sharp objects, toxic chemicals, weapons, and wires.
- ★ Reward your child for not self-harming.
  - Keep a chart and give your child a sticker every time s/he uses a healthy, helpful coping skill. After a given number of stickers, give your child a reward.
  - Make a paper chain celebrating each day your child does not self-harm.



05

# Resources





# Resources



- \* ❖ PSS Mental Health Team (Please ask your Counselor for referral)
- ❖ **Parents can refer their child directly to the PSS Mental Health Program by using the link:**  
**<https://cnmipss.jotform.com/pss.mhp/pssChildMHreferral>**
- ❖ Emergency Service Response...911
- ❖ Suicide & Crisis Lifeline...988
- ❖ Commonwealth Healthcare Corporation (CHCC)...670-234-8950  
Ask the operator to connect you to the Psychiatric Department
- ❖ Community Guidance Center...670-323-6560 / 61
- ❖ Karidat Crisis Hotline...670-234-5100
- ❖ Suicide Prevention Program (SPP)...670-664-LIFE (5433) / LIVE (5483)
- ❖ System of Care (SOC)...670-664-4604 / 05 / 06 / 07 / 08 / 09
- ❖ <https://www.samhsa.gov/find-help> (Substance Abuse and Mental Health Services Administration)



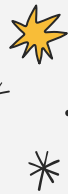
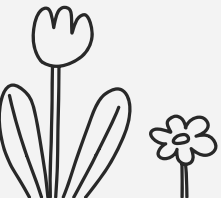
# When Do I Call 911 vs 988?

Call 988 if...

- Your child is having a mental health crisis.
- This could include, but not limited to, self-harm, substance use, and suicidal thoughts.
- They may be thinking of harming themselves, but have not done it yet.

Call 911 if...

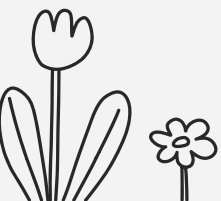
- Your child is injured and you are concerned for his/her safety or wellbeing.
- Your child is making an active suicide attempt.





# Remember...

Self-harm doesn't always mean your child or teen wants to die—and it does NOT make you a bad parent. As with any health issue, you can help your child recover by expressing hope, embracing treatment, and making sure they feel your loving, unconditional support.



# Thanks!

If you have any concerns or questions, feel free to reach out.

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