

Self-Injury Awareness

When someone hurts themselves on purpose, it's called *self-injury* or *self-harm*.

Self-harm includes:



Cutting



Burning



Hitting



Any action to injure yourself



Many people self-harm to cope with challenging thoughts, feelings, and situations.



Some people are at a greater risk of self-harm, including those who:

- Have a history of depression, anxiety, or other mental illness
- Have an intellectual or developmental disability
- Misuse alcohol or drugs
- Are exposed to others who self-harm



Self-harm can sometimes lead to suicidal thoughts and actions.

Source: Centers for Disease Control and Prevention bit.ly/2OgAeeg

cardinalinnovations.org

It's important to get help if you are struggling with the urge to hurt yourself.

You're not alone.

Get help now by dialing ****ASK (star-star-275)** or call **1-800-939-5911**.

You can also contact these hotlines to talk to someone who can help.

- Call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**.
- Text **CONNECT** to **741741** to chat with a trained crisis counselor.
- For **LGBTQ youth**, call the **Trevor Lifeline** at **1-866-488-7386**.
- If this is a **life-threatening situation**, call **911** and ask for a **CIT Officer**.