

What is Self Injury?

- Self-injury is when a person deliberately hurts themselves, not with the intent to commit suicide but as a way to manage emotions
- Cutting and burning are the most commonly used means of self-injury.
- Although adolescents have the highest incidence of self-injury behaviors, these behaviors occur at all age ranges, in every social class and culture.

Why would anyone hurt themselves?

- What drives self-injurious behaviors is a need to cope with or express difficult feelings.
- Also, some self-injure to punish themselves, to express to others how they feel, to distract or numb themselves, or to feel something, even pain.

How to get help

- Try to listen without judgement. Gently encourage the person to tell a trustworthy adult, someone who can help find support.
- Educate yourself about the causes and treatment resources for self-injury.
- You can talk to your doctor, a teacher, a counselor or someone from your place of worship.
- Don't delay. Timely support and treatment leads to healthier coping and healing.

The Self Injury Support Project

City of Fremont YFS is providing education about self-injury to families, school staff and youth, free screening visits and parent consultations. Sponsored by the Kaiser Permanente Community Benefit Program in Southern Alameda County.

For more information:

510.574.2100

www.fremont.gov/selfinjury