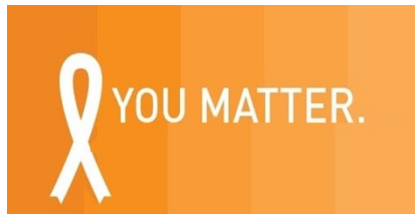


March

Self-Harm/Injury Awareness Month



Adolescent self-harm and injury are common in teens experiencing emotional distress. Often self-harm is meant to be non-suicidal. However, self-harm is an intentional action and reveals how a young adult is feeling. It can include behaviors like burning or picking at wounds, but hitting oneself on purpose and cutting with sharp objects have been found to be the most common methods of self-harm.

Behaviors to Watch For:

- Exhibiting consistent symptoms related to depression, anxiety, or stress.
- Visible cuts or scratches
- Wounds coupled with no clear explanations.
- Purposefully concealing their bodies.
- Profound interest in self-injury. watch videos related to self-injury online.

How to Support Your Child

- Don't be judgmental
- Be compassionate
- Seek professional help

Teen self-harm means that your son or daughter needs your love and attention. They need help navigating a difficult moment in their lives. Listen to your teen and share with them alternatives to self-injury. School guidance and social workers are great resources to assist teens participating in self-injury. In addition, your pediatrician can refer you to a mental health professional.

Your teen's emotions may be causing you some distress. However, it is best to remain as calm as possible and seek the professional assistance necessary to help them navigate these tough moments in their lives.

<https://www.tupeloschools.com/mental-health/mental-health>