



A Guide to Coping

YOU ARE NOT ALONE. YOU ARE NOT BROKEN. YOU DESERVE CARE.



What Is Self-Harm?

- Self-harm (like cutting) is when someone hurts their body on purpose — not to get attention, but often to cope with pain, stress, numbness, or overwhelming emotions. It doesn't mean you're weak or bad — it means you're in pain and trying to manage it the best way you know how.



Healthier Ways to Cope



YOU CAN GET THROUGH THIS, AND THERE ARE WAYS TO MANAGE THE URGE TO SELF-HARM WITHOUT HURTING YOURSELF. HERE ARE SOME TOOLS THAT CAN HELP

Delay & Distract

- Set a 10-minute timer and do something else first: walk, text a friend, listen to music
- Hold ice cubes, snap a rubber band, or draw on your skin with a red marker
- Watch a funny video or do a grounding exercise like "5 things I can see, hear, feel"

Express the Feeling

- Journal what you're feeling, even if it's messy
- Write a letter to someone (you don't have to send it)
- Create art, music, or poetry to let the pain out in a different way

Self-Compassion Reminders:

 **"These urges will pass — I've survived 100% of my hardest days so far."**

 **"I'm allowed to ask for help. I don't have to go through this alone."**

 **"Healing isn't perfect, and that's okay. Trying counts."**

Move It Out

- Go for a run or a fast-paced walk
- Dance it out, jump, stretch, or do push-ups
- Hit a pillow or scream into one — you're allowed to release the pressure

Comfort Yourself

- Wrap up in a blanket or hoodie
- Make a cozy space with music, lights, or scents that calm you
- Hug a pet, a stuffed animal, or even yourself

When You Need Help

It's brave to reach out. Talk to someone you trust — a friend, counselor, parent, or teacher. You deserve support and healing.

If you ever feel in danger:

- Call **911** or go to your nearest emergency department
- Call or text **988** (Mental Health Crisis Line – U.S.)
- **Crisis Text Line:** Text **HELLO** to **741741**
- **Teen Link Help Line:** **1-866-TEENLINK (833-6546)**