



MARCH IS SELF-HARM AWARENESS MONTH



WHAT PARENTS SHOULD KNOW

SELF-HARM IS A COPING RESPONSE SOME YOUNG PEOPLE USE TO MANAGE OVERWHELMING EMOTIONS SUCH AS STRESS, SADNESS, ANXIETY, OR ANGER. IT DOES NOT MEAN A CHILD IS SEEKING ATTENTION. IT DOES MEAN THEY NEED UNDERSTANDING, SUPPORT, AND GUIDANCE.

HOW PARENTS CAN HELP

- STAY CALM AND LISTEN WITHOUT JUDGMENT
- LET YOUR CHILD KNOW YOU CARE
- AVOID PUNISHMENT OR ULTIMATUMS
- KEEP COMMUNICATION OPEN
- SEEK PROFESSIONAL SUPPORT EARLY

POSSIBLE WARNING SIGNS

- UNEXPLAINED OR FREQUENT INJURIES
- WEARING LONG SLEEVES IN WARM WEATHER
- ISOLATION OR WITHDRAWAL
- SUDDEN MOOD OR BEHAVIOR CHANGES
- FEELINGS OF HOPELESSNESS OR WORTHLESSNESS

TALKING TO YOUR CHILD

- CHOOSE A CALM, PRIVATE TIME
- ASK OPEN-ENDED QUESTIONS
- FOCUS ON UNDERSTANDING, NOT FIXING
- REASSURE THEM THEY ARE NOT IN TROUBLE

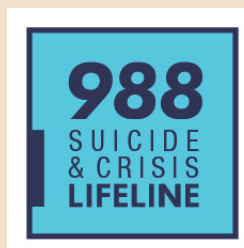
NEED HELP RIGHT NOW?



SCAN FOR MORE
INFORMATION



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**MARCH 2026
EDITION**