

Suicide and Self Harm

WARNING SIGNS

& Where to Go for Help



SELF HARM

Self harm is when a child deliberately hurts themselves. Behaviors include cutting, skin carving, and burning.



! WARNING SIGNS OF SELF HARM !

- Wounds that won't heal or wounds that get worse
- Collecting and hiding sharp tools such as scissors, glass, safety pins, etc.
- Wearing a lot of band-aids
- Wearing long-sleeved shirts in warm weather
- Isolating from friends and loved ones and avoiding social activities

SUICIDE

Suicide is one of the leading causes of death for people ages 10-24.



! SUICIDE WARNING SIGNS !

- Talking about suicide or saying they want to die
- Giving away belongings
- Engaging in risky behavior
- Substance abuse
- Isolating from friends and loved ones and avoiding social activities
- Changes in sleep or eating patterns
- Trouble with schoolwork and falling grades

WHAT TO DO

- Seek immediate help by taking them to the emergency room if your child indicates they want to end their life
- Don't leave your child alone if they say they want to harm themselves
- Don't punish your child when they self harm or have suicidal thoughts
- Keep the lines of communication open
- Show empathy
- Secure or remove any lethal means for self-harm such as firearms or medications
- Talk to your pediatrician and a school counselor
- Have a mental health evaluation

CRISIS HOTLINES

Trained professionals are available 24 hours a day, 7 days a week to talk to your child during a mental health crisis.

- National Suicide Prevention Hotline: Dial 988 or chat at [988lifeline.org](https://www.988lifeline.org).
- Crisis Text Line: Text Home to 741741