

MENTAL HEALTH RESOURCES: SELF- HARM

RECOVERING FROM SELF- INJURY

A comprehensive guide to understanding self-injury, the recovery process, strategies for stopping, information on how to talk to someone about self-injury, and finding professional help.

This resource is designed for parents of kids with mental illness and covers a wide range of mental health problems, including a section on self-injury.

FOCUS ADOLESCENT SERVICES

A residential treatment program for people who engage in self-injury. This website includes information about self-injury and about starting treatment.

SAFE ALTERNATIVES (SELF-ABUSE FINALLY ENDS).

**National Suicide
Prevention
Lifeline
1-800-273-8255 or
text HOME to
741741**