

RESOURCES: SELF-INJURY

SELF-HARM CRISIS TEXT LINE <https://www.crisistextline.org/selfharm> Text HOME to 741741

TO WRITE LOVE ON HER ARMS <https://twloha.com/find-help/help-by-topic/self-injury/>

A nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide

BEFRIENDERS WORLDWIDE <https://www.befrienders.org/> Volunteers around the world offer confidential support to people in emotional crisis or distress, or those close to them.

SELF-INJURY OUTREACH AND SUPPORT (SIOS) <http://sioutreach.org/> Non-profit dedicated to coping and recovery including videos and personal stories.

SELF-INJURY & RECOVERY RESOURCES (SIRR) - CORNELL UNIVERSITY <http://www.selfinjury.bctr.cornell.edu/> Recovery information, resources, training, healing stories, projects, and publications dedicated to new research in self-injury

INTERNATIONAL SOCIETY FOR THE STUDY OF SELF-INJURY <https://itriples.org/> Information, resources, podcasts, conference dates, and group for clinicians, researchers and community members for the advancement of research and treatment of nonsuicidal self-injury

S.A.F.E. ALTERNATIVES® <https://selfinjury.com/> Treatment program, research, resources, free impulse control log, safe space comment area, and book store

C.O.P.E Therapy Assistant© http://www.hopepsychotherapyofhouston.com/hope_shop.php

Therapy doll used to write thoughts and feelings directly onto its body parts with washable markers in places that might have been injured previously or have suffered stress or tension from confusing or painful thoughts and intense emotions

LifeSIGNS SELF-INJURY GUIDANCE AND NETWORK SUPPORT <http://www.lifesigns.org.uk/> Comprehensive source of helpful interventions, information, guidance for loved ones, fact sheets, and tips for talking about self-injury.

DIALECTICAL BEHAVIOR THERAPY CLINICIAN FINDER <https://dbt-lbc.org/index.php?page=101163> DBT is a comprehensive multi-diagnostic, modularized behavioral intervention designed to treat individuals with severe mental disorders and out-of-control cognitive, emotional and behavioral patterns

NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER FAMILY CONNECTIONS PROGRAM™ <https://www.borderlinepersonalitydisorder.org/family-connections/> Resources, articles, videos, and free 12-week course to provide education, skills training, and support for people who are in a relationship with someone who has BPD.

Cutting: Understanding and Overcoming Self-Mutilation by Steven Levenkron (2006)

Healing Self-Injury: A Compassionate Guide for Parents and Other Loved Ones by Janis Whitlock and Elizabeth Lloyd-Richardson (2019)

Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure by Lawrence E. Shapiro (2008)

The Mindfulness Workbook for Teen Self-Harm by Gina M. Beigel and Stacie Cooper (2019)