

FACT 3

There are high rates in schools and colleges in India too... it is not just a Western problem

- Remember: Although in most cases, there is no suicidal intention, self-injurious behaviour may increase the risk of suicide
- Reach out and connect them to a trained mental health practitioner who can help the person learn to cope and change

FACTS

- 4 Usually starts around the age of 14-15 years
- 5 This is not a teenage phase that will pass quickly
- 6 Acts of self-injury may go unnoticed for a long time – it is often a hidden behaviour with few outward signs of inner struggle
- 7 Many dismiss this kind of behaviour as attention seeking or even manipulative
- 8 But...we must understand that self-injury is a marker of distress indicating difficulty in coping with psychological pain

**Vulnerable youth need our care and support
– YOU can make a difference**

Do you want to know more about self injury?

Do you want to refer a student or any person whom you think might be self injuring?

**Window To Wellbeing:
A Clinic for Youth**

2nd and 4th Tuesday , 2 - 4 pm

NIMHANS Centre for Well Being
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SELF INJURIOUS BEHAVIOUR



**Helping Youth:
An Information
Brochure for Teachers**

“Neha had just entered high school. Her class teacher, ‘Mrs. Krishnan, noticed that Neha was not her usual chatty self... and quite strangely, she often wore her school jacket, in the middle of summer! While Neha was writing something, ‘Mrs. Krishnan noticed cut marks on her wrist. When she tried to ask about this, Neha dismissed it as an injury that occurred while trying to cut fruits.

Mrs. Krishnan was not totally convinced but was unsure about what to say or do next. Then she noticed marks on Neha’s wrist again on another day! This time she was upset and angry, “What is this girl up to? Why can’t she just stop hurting herself? What can I do to help her stop this?”

What is self injurious behaviour?

Self-injurious behaviour refers to any purposeful action that causes damage to the self, in most cases, with out any conscious intention to commit suicide.



FACT 1

Self-injurers come from all walks of life and all socio-economic backgrounds

There may be many reasons... but the most common are about managing difficult and intense emotions – e.g. to stop bad feelings of sadness, anxiety, anger; to punish self or feel relaxed. On the flipside, it can help in feeling ‘something’ in the face of emotional numbness.



Self-injury may function to communicate the pain one is going through and modify and regulate the social environment — e.g. to get parents to understand or notice, get attention or help.

Remember... One size does not fit all - each person has their own story...

WHAT CAN I DO TO HELP ?



- Recognize signs of distress and try to talk to the person
- Use statements like “I understand something is disturbing you. Do you want to talk about it? I am here to listen.”
- Be gentle and non-judgmental

FACT 2

Such behaviour has been observed in BOTH boys and girls ... and it isn’t as uncommon as people think

- Listening with empathy is the key
- Stay calm - Don’t show your frustration or anger
- Make sure they get timely help