



THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



SELF- HARMING BEHAVIORS

Contact Us:



Phone

931-372-3331

Eagle Eye Crisis Hotline

855-206-8997



Email

counsel@tnitech.edu



Address

Roaden University Center Room
307



This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.



What is self-harming?

Self-harming behaviors (also called non-suicidal self-injury) are intentional acts of hurting ones self as a way to cope with emotional pain, distress, or numbness. These behaviors are not intended to be suicidal, but can be dangerous and is a sign that someone may be struggling emotionally.

Factors behind Self-harming

- Relive intense emotions
- To feel something when feeling emotionally numb
- Express internal/psychological pain
- A form of punishment
- Regain a sense of control
- Distraction to avoid painful memories or strong emotions
- Stress reduction
- Bullying
- Body image
- Trauma (physical, emotional, sexual)
- Social isolation or rejection
- Pressure to succeed

Taking care of yourself

If YOU are self-harming: talk to someone you trust, reach out to campus mental health services, and try healthier coping strategies.

If a FRIEND is self-harming: gently express concern, listen and support them, don't shame or judge, and for immediate risk call campus police or emergency services.

Types of self harm

- Scratching or pinching
- Hitting oneself
- Hitting or punching objects to the point of bruising, bleeding, or breaking bones
- Cutting
- Burning
- Restricting food or water
- Pulling hair/skin picking
- Biting
- Ingesting harmful substances
- Interfering with healing

Self-harm doesn't mean you're broken, it means you're hurting.

There is hope and help.

