

What is NSSI?

NON-SUICIDAL SELF-INJURY (NSSI OR SELF-HARM) IS INTENTIONAL HARM TO ONE'S OWN BODY **WITHOUT** THE INTENT TO DIE

THE FACTS

AT-RISK AGE IS 13 - 16

Self-harm is most common in adolescents and young adults. 15-20% of this age group reports engaging in self-harm

AT-RISK GROUPS

Rates are highest amongst psychiatric populations, including those experiencing emotion dysregulation, depression, bipolar, and/or anxiety disorders

LGBTQ+ COMMUNITY

Rates are higher in LGBTQ+ populations

GLOBAL TRENDS

Generally speaking, rates of NSSI across countries tend to be similar

MISCONCEPTIONS & MYTHS

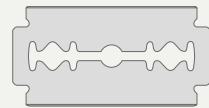
ONLY GIRLS SELF-HARM

Research suggests rates of self-harm across gender are about equal

IT'S ONLY CUTTING

There are multiple methods, such as cutting, hitting, burning, biting, scratching, or bruising

While rates across gender are generally equal, methods across gender differ



Women are more likely to cut, while men are most likely to use methods such as hitting or burning

KIDS SELF-HARM FOR ATTENTION

Self-injuring for attention is not supported by research. There are multiple reasons one may self-injure, explained more in detail below. Research finds it's most commonly done to quickly alleviate intense negative emotions.

ONLY PEOPLE WITH BORDERLINE PERSONALITY DISORDER (BPD) SELF-HARM

Self-harm is a criterion for a BPD diagnosis. However, research has found that self-harm can co-occur with or be independent of any psychiatric diagnosis.

SELF-HARM IS A RESULT OF CHILDHOOD SEXUAL ABUSE (CSA)

Research shows that people who experience CSA are more likely than people who don't to self-harm. However, not everyone who experiences CSA self-harms, and not everyone who self-harms experienced CSA.

SOMEONE SELF-HARMING IS SUICIDAL

Most people who self-harm are NOT doing it to kill themselves. People who self-harm are more likely to think about and attempt suicide than people who do not self-harm. That said, there are lots of reasons that people engage in self-harm, and more often than not, it has nothing to do with feeling suicidal.

REASONS FOR SELF-HARM

Reasons for self-harm vary widely from person to person, and even within people over time.

The reasons listed below might apply to some people, but not to others!

You shouldn't assume that you know why someone is self-harming.

TO REPLACE OR AVOID SUICIDAL IMPULSES

MAKE A PHYSICAL SIGN OF EMOTIONAL PAIN

STOP OVERWHELMING NEGATIVE EMOTIONS AND BRING RELIEF

TO ASSERT AUTONOMY OR CONTROL OVER ONESELF

TO CREATE A 'RUSH' OR EXCITEMENT

SELF-PUNISHMENT

TO END DEPERSONALIZATION OR DISSOCIATION

TO SEEK HELP