

# Dare To Hope – A Series on Mental Health

## Non-Suicidal Self-Injury

*Non-suicidal self-injury (commonly known as self-harm) presents itself in many different forms, but in general, it is the act of intentionally injuring or bringing physical harm to oneself without intent to end one's own life.*

- **Common forms of non-suicidal self-injury:**
  - Cutting (cuts or severe scratches with a sharp object)
  - Scratching
  - Burning (with lit matches, cigarettes, or heated, sharp objects such as knives)
  - Carving words or symbols on the skin
  - Self-hitting, punching, or head banging
  - Piercing the skin with sharp objects
  - Inserting objects under the skin
- **Signs and symptoms of non-suicidal self-injury may include:**
  - Scars, often in patterns
  - Fresh cuts, scratches, bruises, bite marks or other wounds
  - Excessive rubbing of an area to create a burn
  - Keeping sharp objects on hand
  - Wearing long sleeves or long pants, even in hot weather
  - Frequent reports of accidental injury
  - Difficulties in interpersonal relationships
  - Behavioral and emotional instability, impulsivity, and unpredictability
  - Statements of helplessness, hopelessness, or worthlessness

## Resources

- **Counselor Recommendations:**
  - [Center for Hope and Family Solutions](#) – (317) 598-8887
  - Corey & Christy Falink - (317) 843-9922
  - Curtis Trent - (317) 585-1060
  - Dawn Crossman - (317) 598-8887
- **Schedule a Care Appointment**
  - We want to connect with you personally and believe it can be the most effective way to show compassion and ignite transformation. Care appointments allow you to meet with a Care Ministry Team Member for prayer, encouragement, and resource recommendations. Contact the Associate Pastor of Student Ministries at your campus to schedule an appointment.