Never say this to someone who self-injures:

1. You have nothing to be upset about.

(Shows you don't know the person well-enough.)

2. What's wrong with you?

(Shows that you see them as weird, which doesn't help.)

3. You are just looking for attention.

(Shows them you are just labeling them.)

4. Why are you doing this to yourself? (It's not a choice- it's a compulsion.)

5. Just don't do it.

(They can't stop on their own, otherwise they would.)



Say this instead:

1. How can I help you?

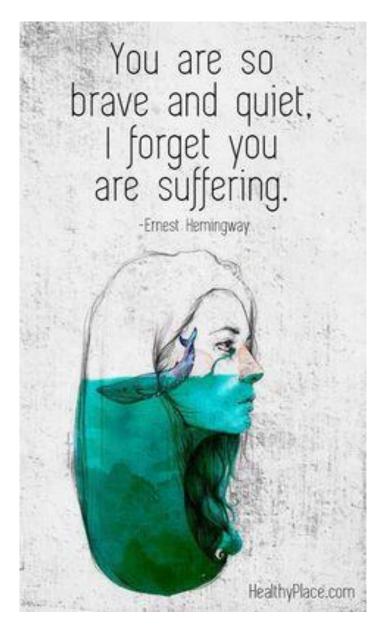
2. I know you can get through this.

3.Whatever you are feeling is ok.

4. Talk to your parents or another trusted adult to get help. You can't do this alone.

DON'T	overreact.
DON'T	give ultimatums.
DON'T	treat him/her differently.
DON'T	let it change your relationship.

Call Star Center for Teens at Risk 1-800-273-TALK



If you are hurting yourself, talk to a trusted adult or call RE:SOLVE Helpline

1-888-7 YOU CAN

You can learn ways to get better and be happy.