

# 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

You are so  
brave and quiet,  
I forget you  
are suffering.

-Ernest Hemingway



HealthyPlace.com

*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.**