

Self-Injuring

Discovering *Self-Injury*

How do I know if my child is self-injuring?

Many adolescents who self-injure do so in secrecy and this secrecy is often the clearest red flag that something is wrong.

Although it is normal for adolescents to pull away from parents during times of high involvement with friends or stress, it is not normal for adolescents to be withdrawn, physically and emotionally, for long periods of time.

It is also important to note that not all people who self-injure become distant and withdrawn — youth who put on a happy face, even when they do not feel happy, may also be at risk for self-injury or other negative coping behaviours.

Some other signs include:

- Cut or burn marks on arms, legs, abdomen.
- Discovery of hidden razors, knives, other sharp objects and rubber bands (which may be used to increase blood flow or numb the area)
- Spending long periods of time alone, particularly in the bathroom or bedroom.
- Wearing clothing inappropriate for the weather, such as long sleeves or pants in hot weather.

For more great techniques for increasing your mindfulness and wellbeing, visit HHSWELLBEING.COM

