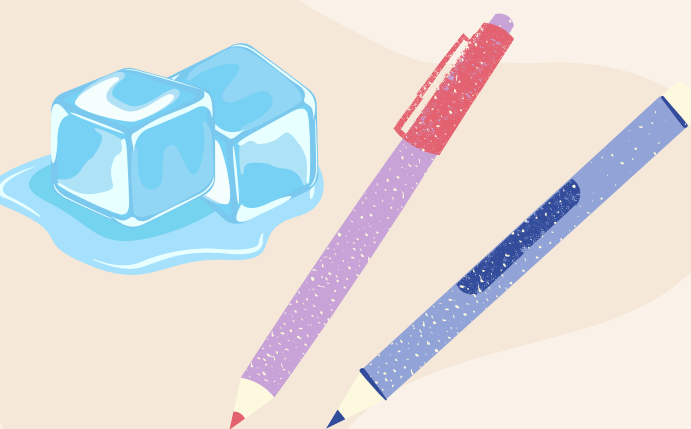


SELF-HARM ALTERNATIVES

01



SAFER ALTERNATIVES

Reducing the urge to self-harm can be difficult. Here are some alternatives:

- Splashing cold water on your face
- Drawing lines on paper
- Using a red pen to draw on yourself
- Snapping a rubber band on your skin when you feel the urge

DISTRACT YOURSELF

Make a list of enjoyable or distracting activities to help occupy yourself and take your mind off of self-harm urges.

02



03



MAKE TOOLS HARDER TO ACCESS

Put your tools away in a place where it difficult to access such as locking them up or giving it to someone you trust.

LET IT OUT

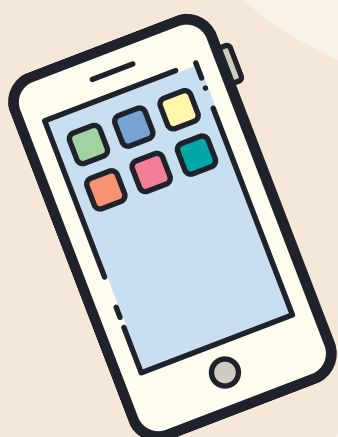
Let out the emotions through:

- Punching a pillow
- Ripping up paper
- Doing something that will give you a sharp sensation (taking a cold shower, eating spicy or sour food)

04



05



SEEK OUT RESOURCES

Use apps or online resources to help work through self-harm or urges:

- Calm Harm
- Mindshift CBT
- BreathR

REACH OUT FOR SUPPORT

Talk to a person you trust, connect with a professional, or use an anonymous helpline to explore healthier coping mechanisms

06



One Healing Space

Source:

<http://www.selfinjury.bctr.cornell.edu/perch/resources/distraction-techniques-pm-2.pdf>