

Self-Injury Prevention Resources

Sharing resources on preventing self-injury is important as one study¹ of Canadian youth found that almost two out of every 10 youth, aged 14 to 21 had hurt themselves on purpose at one time or another.

Self-injury is typically used as a coping strategy for preserving and enhancing life; not ending one's life. However, since self-injury and suicidality both indicate underlying distress it is important to assess whether self-injurious youth are also suicidal. Self-injury is, in and of itself, a risk factor for suicide thoughts and behaviours.

Who is at risk? Self-injury behaviours usually start between 13 and 15 years of age and happen most often in youth and young adults. Self-harm behaviours are twice as common in girls and young women, compared to males.

The websites and apps, below can be useful and complimentary to clinical treatment, when appropriate.

Legend

 Indigenous/ First Nations	 Youth	 Adult	 African Nova Scotians	 Veterans/ First Responders	 Available in other languages
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Calm Harm

A free app that helps you manage or resist the urge to self-harm



Developed for teenage mental health, in collaboration with young people. The Calm Harm app provides some immediate activities and techniques to help break the cycle of self-harm behavior and explore underlying trigger factors. The app supports building a "safety net" of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect.

Download it on: [App Store](#) [Google Play](#)



Self-injury: What it is and how to cope

An article outlining the basics of self injury, why people do it, what can you do to cope/stop, and how do I tell people?



Self-injury Outreach & Support

As part of a collaboration between the University of Guelph and McGill University, they are a non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

