Cutting – Self-Injury

Categories : Mental Health Care, Youth and Young Adults

Self-injurious behavior is deliberate, repetitive, impulsive, non-lethal harming of one's body by carving, cutting, biting, bruising, burning, head banging, hitting, hair pulling, scratching, infecting oneself, inserting objects in body openings or similar actions.

The diagnosis of self-injurious behavior should be determined by a mental health professional. Self-harm can be a symptom of several psychiatric illnesses, including personality disorders, bipolar disorder, major depression, anxiety disorders, and psychoses, such as schizophrenia.

Treatment often includes a combination of medication and inpatient or outpatient mental health therapy.

Web Based Resources

- Mental Health America: https://www.mhanational.org/conditions/self-injury-cutting-self-harm-or-self-mutilation
- SAFE Alternatives (Self-Abuse Finally Ends): www.selfinjury.com
- Center for Young Women's Health: https://youngwomenshealth.org/
- Helpguide.org: http://www.helpguide.org/

For referrals to mental health agencies call 2-1-1, or visit the 2-1-1 website link for mental health resources, Mental Health – United Way of Connecticut – 211 and eLibrary (211ct.org)

SOURCES: Mental Health America website, "Self-Injury"; SAFE Alternatives website
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