

# Resources for People who Use Self-Harm

This is a resource list for people who use self-harm and their supporters. View this resource list online: [www.namimass.org/selfharm](http://www.namimass.org/selfharm).

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**Need additional resources related to self-harm?** Reach out to our Compass Helpline at NAMI Massachusetts! The Compass Helpline is available Monday through Friday, 10 am to 6 pm. Call us at 617-704-6264, email us at [compass@namimass.org](mailto:compass@namimass.org), or schedule a call with us. Learn more about the Compass Helpline at NAMI Massachusetts: [www.namimass.org/compass](http://www.namimass.org/compass).



## Peer-Led Groups

Find support within these spaces for people who use self-harm.

### **Self-Injury Recovery & Awareness**

<https://www.thesira.org/>

Self-Injury Recovery & Awareness support groups provide a safe space for people who use self-harm to come together to share experiences, strength, and hope without judgment or criticism.

### **TLC Foundation for Body-Focused Repetitive Behaviors**

<https://www.bfrb.org/>

The TLC Foundation for Body-Focused Repetitive Behaviors is an organization dedicated to supporting people who experience body-focused repetitive behaviors including hair pulling, skin picking, cheek biting, and skin biting.

## Online Communities

These online communities are a good source for asynchronous support for people who use self-harm.

### **r/selfharm**

<https://www.reddit.com/r/selfharm/>

A subreddit for self-harmers to relate to each other, ask questions, and build up a community.

### **Self Harm Recovery**

<https://www.7cups.com/forum/selfharm/>

## Guides, Zines, and Books

Guides:

### **Hurting Yourself**

<https://namimass.org/wp-content/uploads/hurting-yourself.pdf>

A workbook about self-harm that encourages reflection from a non-coercive, self-compassionate, and harm reduction perspective. From the Icarus Project/Fireweed Collective.

### **The Hurt Yourself Less Workbook**

<https://www.selfinjurysupport.org.uk/faqs/the-hurt-yourself-less-workbook>

A workbook written by people who use self harm. It aims to help people understand self harm and to be kinder to their self.

Zines:

### **Self Harm Alternatives Zine**

<https://www.etsy.com/listing/1241675097/self-harm-alternatives-zine-mental>

Self Harm Alternatives zine is full of tips to recovering from self harm. Whether it's for yourself or a loved one, it's a lovely little guide for when you are struggling.

### **Self Harm: A Zine About NSSI**

<https://atomicbooks.com/products/self-harm-a-zine-about-nssi>

A zine about “non-suicidal self-injury.”

Books:

### **Flesh Wounds? New Ways Of Understanding Self-Injury**

<https://www.pccs-books.co.uk/products/flesh-wounds-new-ways-of-understanding-self-injury>

A book exploring the meaning and purpose of self-injury in an individual's life, the experiences that might lead to self-injury, and which approaches and responses to self-injury are helpful and which are not. It is intended to be a resource for people who hurt themselves and for those who live and work with them.

### **Healing Self-Injury: A Compassionate Guide for Parents and Other Loved Ones**

<https://global.oup.com/academic/product/healing-self-injury-9780199391608?cc=us&lang=en&>

This book provides guidance to parents and others who love a young person struggling with self-injury. It offers strategies for identifying and alleviating sources of distress in children's lives, improving family communication, and seeking professional help.

### **Safe With Self-Injury: A Practical Guide To Understanding, Responding And Harm-Reduction**

<https://www.pccs-books.co.uk/products/safe-with-self-injury>

This book explores why people self-injure, debunks myths and misconceptions about self-injury, explains self-injury in the contexts of human embodiment and a social model approach to distress and illness, and offers practical strategies for responding in meaningful ways, including using creative practices and harm-reduction.

## Resources for Supporters

Check out these resources for supporters of people who use self-harm.

### **Ideas for Supporting Someone who Uses Self-Harm (from people who have used self-harm)**

<https://namimass.org/wp-content/uploads/selfharmsupport.pdf>

**Coping with Self-Harm: A Guide for Parents and Carers of Young People**

<https://www.psych.ox.ac.uk/news/new-guide-for-parents-who-are-coping-with-their-child2019s-self-harm-2018you-are-not-alone2019>

## Other Resources

Check out these additional resources about self-injury.

**Adolescent Self-Injury Foundation**

<https://www.adolescentselfinjuryfoundation.com/>

**Cornell Research Program for Self-Injury Recovery**

<https://www.selfinjury.bctr.cornell.edu/>

**Healing Self-Injury**

<https://healingselfinjury.com/>

**LifeSigns**

<https://www.lifesigns.org.uk/>

**SAFE Alternatives**

<https://selfinjury.com/>

**Self-injury Outreach & Support**

<https://sioutreach.org/>

**Self Injury Support**

<https://www.selfinjurysupport.org.uk/>

**To Write Love On Her Arm**

<https://twloha.com/>