

Self-Harm

24 hour Crisis Hotlines

Crisis Text Line - www.crisistextline.org

Text HOME to 741741

Neuropsychiatric Center (NPC)

(713)970-7000, press 1

S.A.F.E. Alternatives

1-800-DONTCUT (366-8288)

Local Support Groups

National Alliance on Mental Health Gulf Coast

www.namigulfcoast.org/business-directory/support

Psychology Today

groups.psychologytoday.com/rms

Websites

Cornell Research Program on Self-Injurious Behaviors in Adolescents and Young Adults

www.crpsib.com

National Alliance on Mental Health

www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Self-harm

S.A.F.E. Alternatives

www.selfinjury.com

Self-Injury Outreach and Support

www.sioutreach.org

Seventeen

www.seventeen.com/health/advice/a4533/cutting-resources/

TeenMentalHealth.org

www.teenmentalhealth.org/understanding-self-injury-self-harm

To Write Love on Her Arms

www.twloha.com

Books

DBT Skills Training Handouts and Worksheets, Second Edition by Marsha Linehan

Helping Teens Who Cut: Using DBT Skills to End Self-Injury by Michael Hollander

Stopping the Pain: A Workbook for Teens Who Cut and Self-Injury by Lawrence E. Shapiro