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