

RESOURCES TO SUPPORT STUDENTS WHO SELF-INJURE

Administrators

GENERAL SELF-INJURY RESOURCES TO SHARE ACROSS CAMPUS

Self-injury Outreach and Support

www.sioutreach.org

- Offers research-informed knowledge and resources concerning self-injury for all individuals
- Provides coping guides and recovery stories for individuals who self-injure
- Also provides guides for families, friends, romantic partners, and health/mental professionals

Shedding Light on Self-injury

www.self-injury.org.au

- Offers resources for health professionals who work with individuals who self-injure as well as general information concerning self-injury

Self-injury and Recovery Research and Resources

www.selfinjury.bctr.cornell.edu

- Offers a wide range of information and resources about self-injury
- Provides information for people who self-injure and those who can play a supportive role (e.g., families, schools, professionals)

Staff and Professionals

INTENDED FOR USE WHEN INTERACTING WITH STUDENTS ABOUT SELF-INJURY

Higher Education Today: Non-suicidal Self-injury on College Campuses

<https://bit.ly/2ZHEbfj>

- An overview about self-injury on campuses with practical suggestions regarding how to talk about self-injury and support students who self-injure

Talking about self-injury

<https://bit.ly/2LZdBGa>

- This infographic outlines key strategies to draw on when talking about self-injury with students who self-injure

NSSI Training 101

<http://www.selfinjury.bctr.cornell.edu/training.html>

- Research-based training for professionals working with people who self-injure

Students

COPING AND SUPPORT RESOURCES FOR STUDENTS WHO SELF-INJURE

Coping and Recovery

<http://sioutreach.org/coping-and-recovery-self-injury/>

- Provides coping guides and recovery stories for individuals who self-injure

Self-injury Resources

<http://sioutreach.org/resources-self-injury/>

- Provides resources and book recommendations that can be used by students who self-injure

Talking about self-injury

<https://bit.ly/2LZdBGa>

- This infographic outlines key strategies to draw on when talking about self-injury with students who self-injure; this may help students supporting fellow students