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**
- 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**
- 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