

unpredictability

- Saying that they feel helpless, hopeless, or worthless

Crisis Text Line can help you deal with self-harm. Text a Crisis Counselor at 741741, or use the mobile text button below.

How to Deal With Self-Harm

Emotions can be really painful sometimes. It's totally normal to need ways to cope with and process the hard things in your life. If you are using self-harm to manage your emotions, we're here for you. And, we want to help keep you safe.

Here are some ways to push through, process, and cope with your emotions.

- **Text to cool down.** If you're dealing with painful emotions, we're here to help. Shoot us a text to connect with a real human and strategize healthy coping mechanisms to manage your emotions. Text CONNECT to 741741 to connect with a real human.
- **Get creative.** Studies show that diving into making art can help people process emotions. So, next time you're feeling like self-harming, grab your sharpie and doodle your worries away. A bonus: you can totally suck at it and still reap the same rewards.
- **Find your zen.** Keeping yourself safe from self-harming is all about finding healthy alternatives to work through the hard stuff. Researchers found taking time to re-center through meditation to be a powerful way to find your cool and calm. Try using an app like Headspace to get on the meditation bandwagon.
- **Talk to a pro.** Self-harm is serious. And, while the intention behind self-harm usually is not death, it can still be dangerous — both physically and emotionally. Talking to someone who can help you find alternatives is incredibly important. Of course, you can start by texting us. Also, consider telling someone you know who can help you connect with a professional.

Why Do People Self-Harm?

Let's start with this: everyone needs a way to cope with their emotions. People who self-harm have turned to hurting themselves as their coping mechanism to manage their emotions.

So, people might self-harm to:

- Process their negative feelings
- Distract themselves from their negative feelings

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