

Self-Harm Assessment



When you self-harm, do you wish to end your life?

When you self-harm, this is a maladaptive coping mechanism. Can you explain what triggers you to self-harm? Stress? Self-punishment? Numbness? These are common reasons for self-harm, but what are YOUR reasons?

How often do you self-harm? What methods do you use to self-harm?

Self-harm comes in many forms. It can escalate and lead to permanent consequences. If self-harm, please reach out immediately for help. You're not alone.

