



## What is self-injury?

*'Self-injury is a sign that something is bothering and upsetting you, not a sign that you are off your head.'* (The Truth Hurts 2006)

Self-injury is where someone causes deliberate injuries or pain to their own body and it can be done in many different ways. It is an example of self-harm which also includes things like drugs and alcohol abuse, gambling, shopping addiction, excessive exercise and eating disorders.

People often hide the fact that they self-injure. The most common form is probably cutting, but people choose other ways like burning, overdosing, scratching, biting, hair pulling and breaking bones.

Sometimes people think they are the only ones doing it but research shows it is very common. In the UK at least one in every fifteen young people has experience of self-injury which is two in every classroom.

Self-injury is often mistakenly seen as a suicide attempt, however many people who self-injure are very clear that it is not and can in fact be a way for a person to stay alive.

The Truth Hurts report of the national inquiry into self-harm among young people was carried out by the mental health foundation 2006. Click [here](#) to download a report.