

# NSSI and Help-Seeking Behavior

**Talking about self-injury is not easy:** majority of individuals who engage in self-injury are **seeking**

Escape



Emotional Release



Relief from Emotional Numbness



For most people, self-injury is carried out **behind closed doors** and **hidden under long sleeves and pants**.

**~33.3%**

Up to a third of those who self-injure never tell anyone about their experience.

## Prevalence of NSSI



! NSSI (Non-Suicidal Self-Injury) is different from self-harm in that self-harm **includes** suicidal behavior. !

## Outline



**#1**

Barriers to Sharing NSSI Experience



**#2**

Statistics Related to the Barriers



**#3**

Who to Tell?

## #1 CONCERN OVER



Hurting parents, loved ones, or others



Being judged, yelled at, or feeling ashamed and hurt



**Stigma, judgment, and misunderstanding** about self-injury hinder people who self-injure from seeking help.



Studies have shown that individuals **rarely** reached out for help; when they **did**, individuals found supporters to be **not "very helpful."**

## #2 STATISTICS FROM VARIOUS STUDIES



One study showed that seeking help after an incident of self-harm was not a common occurrence, as the majority of adolescents:

■ Did not seek help (73%)

Several other studies found that...



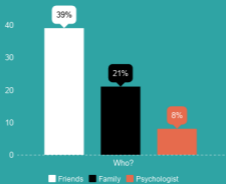
With regard to disclosure and help-seeking, 22.6% of the NSSI sample reported that no one knew about their NSSI.



Females were 1.8 times more likely than males to report NSSI; females were also more likely to endorse using NSSI to regulate affect.

## #3 WHO?

Of those who sought help, the most common source was



Studies found that **friends** were listed most often as a supporter in a network, while significant others and family members were less frequently reported.



Studies also show that youth actually find it **more helpful to tell a parent or another adult**, as they are better able to handle the disclosure than a friend - even if it does not seem that way at first.



Parents are also more likely to know how to authentically help, and how to get you the kind of **support you will need** - like a psychologist.



A study found that **only 8.9%** of the NSSI sample reported disclosing NSSI behavior to a mental health professional.

For more information on self-injury, intervention, treatment, and more check out:

**The Cornell Research Program on Self-Injury and Recovery**

**Website:** <http://www.selfinjury.bctr.cornell.edu/>

**Facebook:** [www.facebook.com/CPRSIR](http://www.facebook.com/CPRSIR)

**Twitter:** <http://twitter.com/selfinjurybctr>

## References

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