A PAUSE, A PRACTICE, A NEXT STEP

Self-Harm

What to do when you feel like hurting yourself, and how someone close to you can help.

Get help now if you are in danger

In the U.S., call 911 for immediate danger, a serious injury, or a possible overdose. For crisis support, you or someone close to you can call or text 988. Outside the U.S., use your local emergency number.

Use these questions when you are safe. You can answer with someone you trust.

Get near someone you trust

Move away from anything you might use to hurt yourself. Go sit with someone or call them. Try saying, “I feel like hurting myself. Can you stay with me while I get help?”

01 / Notice and reflect

Who could sit with me or stay on the phone?

02 / Notice and reflect

What words could I use to ask for help?

03 / Make a plan together

Who can help make my space safer?

When to seek help: Ask a doctor or therapist for help with self-harm, even if it happened once. If the urge feels hard to manage, reach someone now. In the U.S., you or a loved one can call or text 988. For a medical emergency or immediate danger, call 911.

Read more: MedlinePlus · Understanding self-harm

More tools and immediate support: Our Healing Room / Crisis Support.
For family and friends: Support someone you care about.