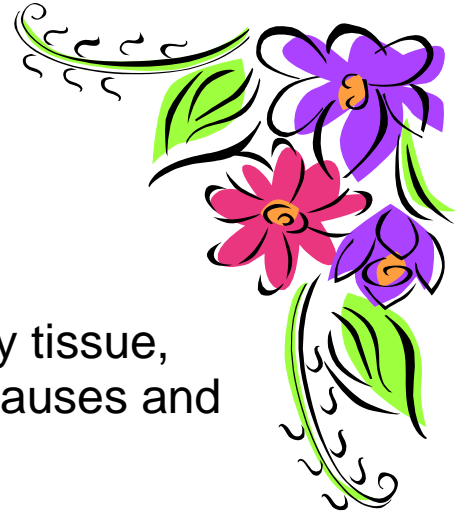


Self-Injury



What is self-injury?

It is the act of intentionally destroying body tissue, at times to change a way of feeling. The causes and severity can vary.

Some forms of self-injury include:

Scratching, burning, cutting, biting, head banging, bruising, hitting, and carving.

www.sisupport.org

Provides questions and answers regarding self-injury and information related to recovery.



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