

Self-Harm Book Resources

- ***Bodily Harm: The Breakthrough Healing Program for Self-Injurers*** by Conterio, Lader, & Bloom
- ***Cutting: Understanding and Overcoming Self-Mutilation*** by Levenkron
- ***Freedom from Self-Harm: Overcoming Self-Injury with Skills from DBT and Other Treatments*** by Gratz & Chapman
- ***Helping Teens who Cut: Understanding and Ending Self-Injury*** by Hollander
- ***The Scarred Soul: Understanding and Ending Self-Inflicted Violence*** by Alderman
- ***When Your Child is Cutting: A Parents Guide to Helping Children Overcome Self Injury*** by McEvey-Noble, Khemlani-Patel, & Neziroglu

Self-Harm Resource List

- **Crisis Text Line**
Text 741741 for help in crisis
- **To Write Love on Her Arms**
www.twloha.com
- **SAFE Alternatives (Self Abuse Finally Ends)**
1-800-DONTCUT
- **Self-Injury Outreach and Support**
www.sioutreach.org
- **Cornell Self-Injury and Recovery Research and Resources (SIRRR)** www.selfinjury.bctr.cornell.edu
- **Self-Harm 24-Hour Crisis Hotline**
1-800-273-TALK
- **Self Injury Foundation's 24-hour national crisis line**
1-800-334-HELP
- **Calm Harm app for iPhone & Android**
- **Self Mutilators Anonymous**