

Alternatives for Self-Harm

When you have a strong urge to hurt yourself, it can be difficult to imagine doing anything else. Distraction is the most common way people help themselves when they want to self-harm.

Different distractions work for different people, and the same distraction might not always work for you. Here are some ideas that might be useful:

Pink clouds represent **physical sensations**

Blue clouds represent **mental comfort**

Grey clouds represent actions and **reminders**



