

Patient Information Sheet about Nonsuicidal Self-Injury (NSSI)

Nonsuicidal self-injury (NSSI) refers to deliberate infliction of direct physical injury to one's own body without an intent to die as a consequence of the behaviour (i.e. not a suicide attempt). These types of injuries do not fall into the realm of more culturally acceptable behaviours such as piercings, tattoos, brandings or other body modification. Common types of nonsuicidal self-injury are cutting, burning, hitting, banging, self-embedding of objects, and interfering with wound healing.

If this sounds like it describes something you do you are not alone. It is estimated that about 4% of the population has used nonsuicidal self-injury as a coping mechanism at some time in their lives.

- Do you rely on NSSI to get you through difficult times?
- Do you want help to understand why you NSSI?
- Do you want help to stop your NSSI?

Do you have concerns about any of the following:

- Frequency/severity/medical complications of NSSI
- Use of drugs or alcohol
- Eating
- Sleeping
- Mood or thought patterns
- Suicidal thinking
- Physical health

If you answered yes to any of the questions above, your doctor may recommend treatment and/or resources to help you. HealthLinkBC: www.healthlinkbc.ca/ or 8-1-1 to speak to a registered nurse available 24/7
BC's Mental Health Information Line is: 1-800-661-2121.

Resources

About Nonsuicidal Self-Injury:

www.selfmutilatorsanonymous.org/ - Self-mutilators Anonymous, an online 12-Step group
www.palace.net/~llama/psych/injury.net - created by Deb Martinson, author of "Bill of Rights for People who Self Harm"

About Suicide Prevention:

www.thesupportnetwork.com/ - Canadian Association for Suicide Prevention with 24-hour on-line support
www.suicideinfo.ca/ - Centre for Suicide Prevention provides information & the Crisis Line nearest you

Crisis Lines: 24-hour toll free numbers with trained volunteers who are there to listen.

1-800-SUICIDE (1-800-784-2433)

1-888-562-1214 (Prince George) 250-833-1488 (Salmon Arm)

(In BC the Crisis Line Association is in Surrey: 604-584-5811)

Kamloops Mental Health & Addiction Services:

Central Intake: 250-851-7450

After Hours Emergency Response Team: 250-377-0088

Phoenix Centre Detoxification Services: 250-374-4634

Bounce Back: For patients experiencing mild to moderate depression or anxiety

www.bouncebackbc.ca - 1-800-555-8222 x. 235 (telephone delivery of brief self-help program to improve mental health)