



"Help" ~Alexandra Campo/Flickr

## Teen Self-Harm...facts & statistics...

- **Self-harm** is a negative way of dealing with strong emotions, and can include cutting, scratching, burning, mutilating, hitting, head banging, biting, skin-picking, hair-pulling, or anything else that causes bodily harm.
- Each year, 1 in 5 females and 1 in 7 males engage in **self-injury**.
- More than 1 in every 10 high school students report having attempted **suicide**; nearly 1 in 6 students between the ages of 12-17 have seriously considered it.
- 90 percent of people who engage in **self-harm** begin during their teen or pre-adolescent years.
- **Self-injury** is often addictive, and can become increasingly serious.

## Therapeutic & Support Group for teenage girls struggling with self-injurious behaviors

*at Arcadia Counseling Center, LLC.*

[www.arcadiacounselingcenter.com](http://www.arcadiacounselingcenter.com)

Teen self-injury, self-mutilation, cutting and suicidal ideation can be overcome, but the problems causing a teen to self-injure or self-mutilate need to be resolved and the teen must learn healthier ways to manage emotions.

**Julie Karnes, MSW, LCSW now offers a Dialectical Behavior Therapy/Cognitive Behavioral Therapy skills training and treatment group for teenage girls who self-harm, focusing on eliminating the above behavior, as well as enhancing self-esteem, social skills and communication skills. Please call for group availability: 602-218-6901 or 480-862-2224.**