

Nonsuicidal self-injury (NSSI)

Asking for Support Around Self Injury

Adults and teens 13+ | 10 to 15 minutes

If an injury needs medical attention, seek care now. If suicidal intent is present or you cannot stay safe, call or text 988 in the U.S.; call 911 for a medical emergency or immediate danger. Elsewhere, use local services. This page must not delay live help.

Seek live help first when needed. Use only questions that support care; no descriptions of methods, injuries, or concealment are needed.

Begin with care and dignity

You can say, "I have been hurting myself and need support," without describing methods here. Nonsuicidal self-injury and suicidal behavior are different, but intentions and risks can change. A professional should ask about both without making assumptions.

Discuss what support should do

When immediate needs have been addressed, explore the situations and functions linked to self-injury with a qualified clinician. Ask for a collaborative care plan, follow-up, and accessible help during difficult moments. You deserve treatment without punishment or shame.

1. What immediate medical or safety concern needs a live helper's attention?**2. What would make talking about self-injury feel more respectful and manageable?****3. What situations or needs would you like a clinician to help you understand, without method details?****4. What follow-up contact or ongoing support do you want help arranging?****Clinical use and adaptation**

Assess injuries, suicidal intent, safeguarding, and changing risk directly. Do not rely on scores, promises, or a stated nonsuicidal intent to rule out danger. Avoid punitive responses, graphic detail, and pain-based substitute behaviors. Arrange individualized assessment and follow-up.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: E09, S16. Full sources are in the online preview and collection appendix.

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October 2026 | TOP106-STARTER