

Resources on Self-Injury

Books

- *Helping Teens Who Cut* by Michael Hollander, Ph.D.
- *The Parent's Guide to Self-Harm* by Jane Smith
- *Healing Self-Injury* by Janis Whitlock, Ph.D. & Elizabeth Lloyd-Richardson, Ph.D.
- *Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure* by Lawrence Shapiro
- *Freedom from Self-Harm: Overcoming Self-Injury with skills from DBT and other treatments* – Kim Gratz, Ph.D. & Alexander Chapman, PhD.
- *Stop Walking on Eggshells* by Paul Mason & Randi Kreger

Websites & Other Resources

- Self-Harm Crisis Text Line – www.crisistextline.org
- Child Mind Institute – www.childmind.org
- National Suicide Prevention Lifeline – 1-800-273-8255
- DBT Resources for Clients & Families - <https://behavioraltech.org/resources/resources-for-clients-families/>