

## 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
- *Stop Walking on Eggshells for Parents* by Randi Kreger, Christine Adamec, & Daniel S. Lobel
- *Mindfulness Workbook for Teen Self-Harm: Skills to help you Overcome Cutting & Self Harming Behaviors, Thoughts & Feelings* by Gina M. Biegel, MA, LMFT & Stacie Cooper, Psy.D.
- *I Hate You: Don't Leave Me: Understanding the Borderline Personality* by Jerold Kreisman, MD., & Hal Straus

### Websites & Other Resources

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

