

Brighten your life by
learning to cope with life's
stressors!

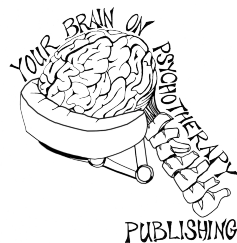
H.O.P.E. Psychotherapy of
Houston, PLLC

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Toolbox Coping Products™ are tools (see my catalogue at my website on the H.O.P.E. Store page) meant to be easily understood, engaging, pragmatic and building blocks toward greater functionality. The tools are created with the idea that when we have a repertoire of healthy coping strategies we can overcome the challenges faced throughout the span of our lives. I hope they prove to be helpful tools for you!

Do you or someone
you know self-injure?



In addition to
seeing a
therapist there
is additional
help.

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How you can help the self-injuring individual©

Don't lecture

Don't focus on the behavior

Don't react with shock or disgust

Don't be judgmental

Don't demand to see scars or wounds

(unless you feel immediate medical attention is
needed)

Don't dismiss as attention seeking

Don't coerce or threaten

Don't demand the behavior stops

Don't use fear tactics

Don't avoid talking about self-injury

Do listen

Do focus on the person

Do react with concern and empathy

Do be accepting

Do be receptive and administer first aid

Do discuss importance of first aid, and staying
hydrated

Do validate and educate about emotional distress and
feelings

Do discuss alternative coping strategies

Do express concern for their safety

Do empower by engaging them in the decision making
process about informing parents / guardians

Do include questions about self-injury in all your
assessments

Do have an open door policy

Do know your limitations

Do know when and where to refer/contact a qualified
therapist



Get it in gear

