Toolbox Coping Products™ are tools (see 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!
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

For more information about helping individuals who self-injure, you may obtain Toolbox Coping Products™ from my website. See the H.O.P.E. Store Page.