

SELF-HARM

WHAT'S HAPPENING¹

Youth ages 10-19 are self-harming at rates more than **double the general population**.

Drug overdose is the most common method of self-harm, followed by cutting.

American Indian and Black youth have the highest rates of self-harm in Wisconsin.

Among adolescents,

**GIRLS ARE
80%**

of emergency and hospital patients with self-harm injuries.



WATCH
FOR
WARNING
SIGNS >>



Increased
secrecy



Changes in mood
and behavior



Withdrawing physically,
emotionally, or socially

HOW TO HELP

- ✓ Have **ongoing conversations** about how to manage stress.
- ✓ Check in with youth during **stressful academic periods**, like fall and spring exam times.
- ✓ Teach youth to integrate **healthy coping skills** into daily routines.
- ✓ Lock up all prescriptions, over-the-counter medications, and other **substances that could be misused**.
- ✓ Access **free resources** available to parents, educators, and friends who want to help.²

DID YOU
KNOW?



Self-harm spikes in September and January coinciding with return-to-school periods.



Wisconsin Office of
**Children's
Mental Health**

Sources:

¹ Wisconsin Department of Health Services, [Self-Harm and Wisconsin's Youth](#).

² Wisconsin Department of Health Services, [How can we help kids who self-harm?](#)

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