

## Self-Harm

**If you're struggling with self-harm, know this: you're not alone, and there are safer ways to cope with overwhelming feelings.** These tools can help you understand what's behind the urge and support you in finding healthier ways to manage pain.

### Information Guide

#### [Understanding Self-Harm](#)

A non-judgmental guide to help you explore the reasons behind self-harm and find other ways to express what you're feeling.