

● Students ●

DO

Be aware that different students cope in different ways

DON'T

Be judgemental or dismissive of a student who self-injures

DO

Tell a teacher or a trusted adult if a friend self-injures

DON'T

Promise to keep a friend's NSSI a secret

DO

Discuss mental health concerns and general coping strategies with other students

DON'T

Do not flaunt wounds or scars

DO

Seek support from a school counsellor

DON'T

Feel like you have to keep a secret