

Treatment

DO

Keep an up-to-date list of local referral sources, and refer students to external supports as appropriate

DON'T

Attempt to confine the treatment of a student who self-injures within the school, if there are complex issues underlying the behaviour that require external support

DO

Foster self-care among all school staff and students who may know students who self-injure

DON'T

Assume staff and students are equally able to cope with disclosure and treatment of NSSI without support

DO

Intervene early and directly in cases where NSSI may be spreading in peer groups (contagion events)

DON'T

Assume that individuals who seem to be “picking self-injury up” from someone else (copycat behaviour) will “grow out of it” or otherwise stop the behaviour if it is ignored