

## Mental Health Considerations – Supplemental Resource Links

**Name:** Self-Harm

**Link:** <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Self-harm>

This resource provides an overview of what self-harm is and why people self-harm. It also addresses what parents and caregivers should do when self-harming behaviors are suspected and the treatments that are available.