



Maine Center for Disease
Control and Prevention
An Office of the
Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner



RESOURCES FOR INFORMATION ON SELF INJURY

PUBLICATIONS:

Treating Self Injury; A Practical Guide. Barent Walsh, 2006. Guilford Press. A Guide primarily addressing the needs of professionals.

Helping Teens Who Cut; Understanding and Ending Self Injury. Michael Hollander. 2008, Guilford Press. An excellent book for parents, professionals or the general public to better understand Self-injury and the ways to get help to stop a pattern.

Signs of Self-Injury Program; ACT to Prevent Self-Injury. 2009. Jacobs, Walsh et al. *A manual for self-injury prevention and response on school settings.*

Selekman, M. D. (2009). ***The adolescent & young adult self-harming treatment manual: A collaborative strengths-based brief therapy approach.*** New York: W.W. Norton & Company.

The Prevention Researcher, Vol. 17 #1, February 2010. This issue is focused on Adolescent Self-Injury

Nock, Matthew K, 2010. **Self-Injury**, Am. Review of Clinical Psychology. 6:15. Available at http://www.wjh.harvard.edu/~nock/nocklab/Nock_2010_ARCP_online.pdf An excellent review of Self-injury.

Brent, David M, 2011. **Nonsuicidal Self-Injury as a Predictor of Suicidal Behavior in Depressed Adolescents.** Am. J. Psychiatry. 168(5): 452-54. Online at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4080302/pdf/nihms601281.pdf>

WEBSITES:

Adolescent Self Injury Foundation: www.adolescentselfinjuryfoundation.com

Provides education, prevention tips, and resources for self-injurious adolescents and their families.

Self-Abuse Finally Ends (S.A.F.E) Alternatives: www.selfinjury.com

An organization providing treatment options for self-Injury.

Cornell University Research Program on Self Injury & Recovery: www.selfinjury.bctr.cornell.edu

Excellent information for family members & professionals on a wide range of self-injury topics.

Focus Adolescent Services: www.focusas.org/get-help/self-injury-help/

A resource site for adolescents, parents and others offering straight forward language and information.