

Student Health and Wellness Programs

MARCH STALL TALK: SELF-INJURY AWARENESS MONTH

Why do individuals self-harm?

Self-injury and self-harm are a response to severe emotional distress. Intentional, non-suicidal injuries are a way for a person to mirror psychological pain with physical pain.

What are the signs of self-harm?

- Any part of the body that shows signs of consistent injury such as scabs, bruising, cuts or burns
- Attempts to conceal the injuries (e.g., wearing long sleeves or pants on a hot day)
- Unexplained, frequent injuries, including cuts and burns, and other various reasons for their causes
- Self-isolation from others, such as school or social gatherings
- Impulsivity

How to be supportive?

- Avoid judgement. Those who are self-harming may get worried that they are being judged or assumed to be suicidal. This can cause them to shut down even more.
- Be supportive. Even if their actions don't make sense to you, try to be supportive and tell them you will be there for them.
- Don't dismiss. Please don't dismiss or ridicule their actions.
- Encourage them to seek help.

Ma ka hana ka 'ike

In working one learns. #2088

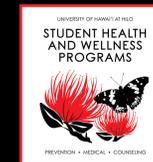
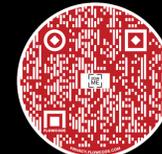
Community Resources:

Free HIV and Hepatitis C Testing

Monday, March 1, 2021, 9:00am - 3:00pm
Location: HiHaf Office at Hilo Lagoon Center
101 Aupuni St. Ph: 808-982-8800

Mental Health Screenings

Mental Health Screenings are available at the tip of your fingers. Scan the codes and check in on yourself! Ulifeline and Mindwise screens for the most common mental health conditions that college students face and connects them with resources. These online resources are confidential can be completed at your own pace. If you wish to speak with someone further, please contact Counseling Services at (808) 932-7465 or email: uhhcouns@hawaii.edu



In an emergency,
call 911

UH Hilo Counseling
Services
(808) 932-7465
Student Services
Center E-203
7:45 am to 4:30 pm

Student Medical
Services
(808) 932-7369
Campus Center 212

UH Hilo Confidential
Advocate, Kekai
Lindsey
(808) 932-7958

UH Hilo Security
(808) 974-7911

CRISIS RESOURCES AND SUPPORT

Crisis Line of Hawaii
(24-hour, 7 days a
week)
1-(800) 753-6879

Crisis Text Line
Text "ALOHA" to
741741

YWCA 24-Hour Sexual
Assault Hotline:
(808) 935-0677