

WELLNESS WEDNESDAY

MARCH 23, 2022



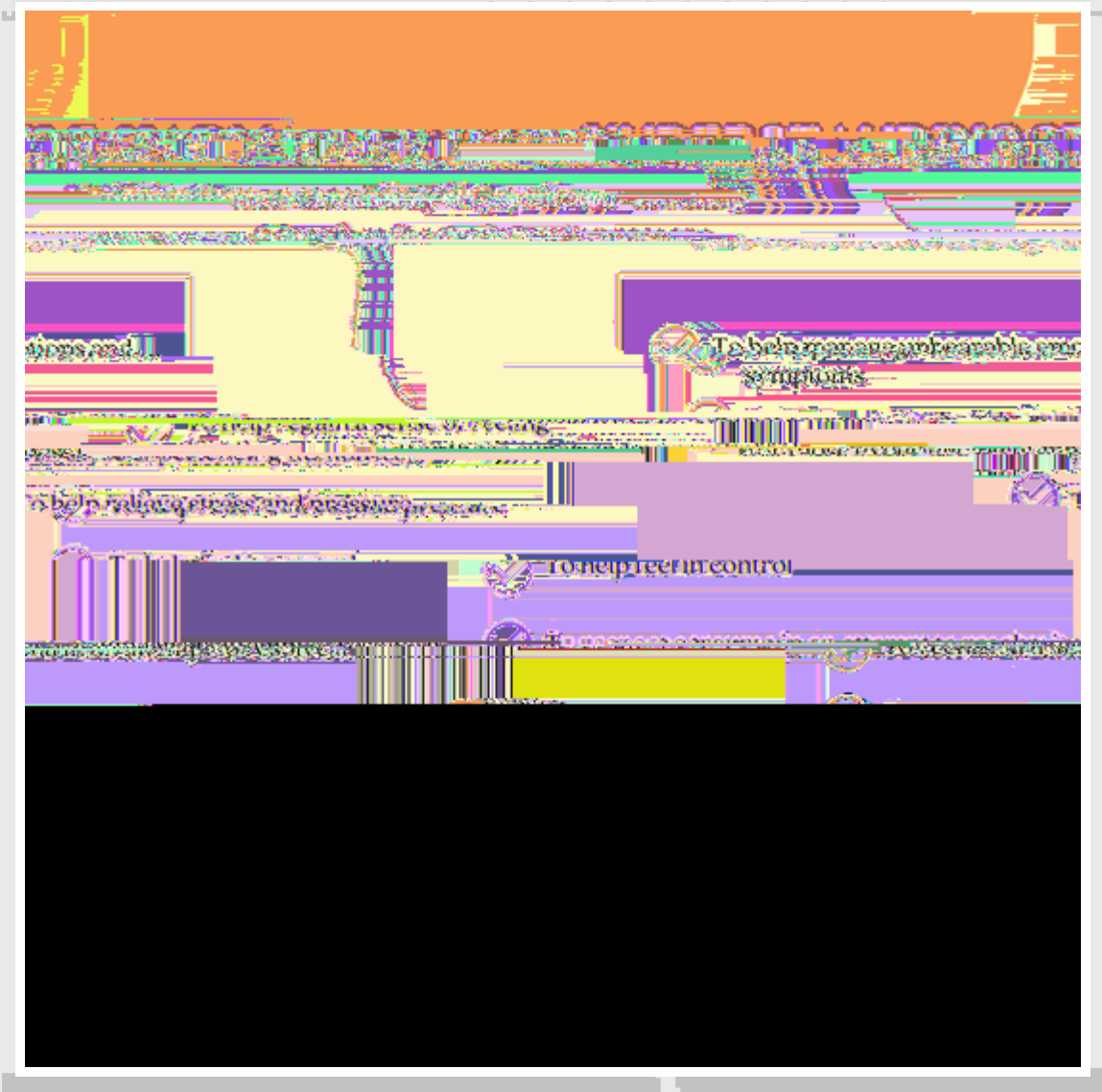
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SELF-INJURY AWARENESS

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WHAT IS SELF-HARM?

Self-harm is a complex issue that can affect anyone. It often stems from a combination of factors, including mental health conditions, stress, and a history of trauma. Understanding the underlying causes is crucial for effective treatment and support. It is important to seek professional help if you or someone you know is struggling with self-harm. Treatment may involve therapy, medication, and a combination of both. Support groups and community resources can also provide valuable assistance. Remember, you are not alone, and there is hope for recovery.



SIGNS OF SELF-INJURY

For family and friends, especially those who have loved ones suffering from some type of mental illness, it's important to watch for signs and

patterns of self-harm. These might include:

• Self-harm on parts of the body that are not visible to others, such as the arms, wrists, or thighs.

• Self-harm in particularly warm weather, or during the summer months.

• A sudden loss of interest in activities or other hobbies, or other signs of depression, such as scabs, bruising, or

Overdressing or underdressing.

• Self-harm in the presence of others, or in public places.

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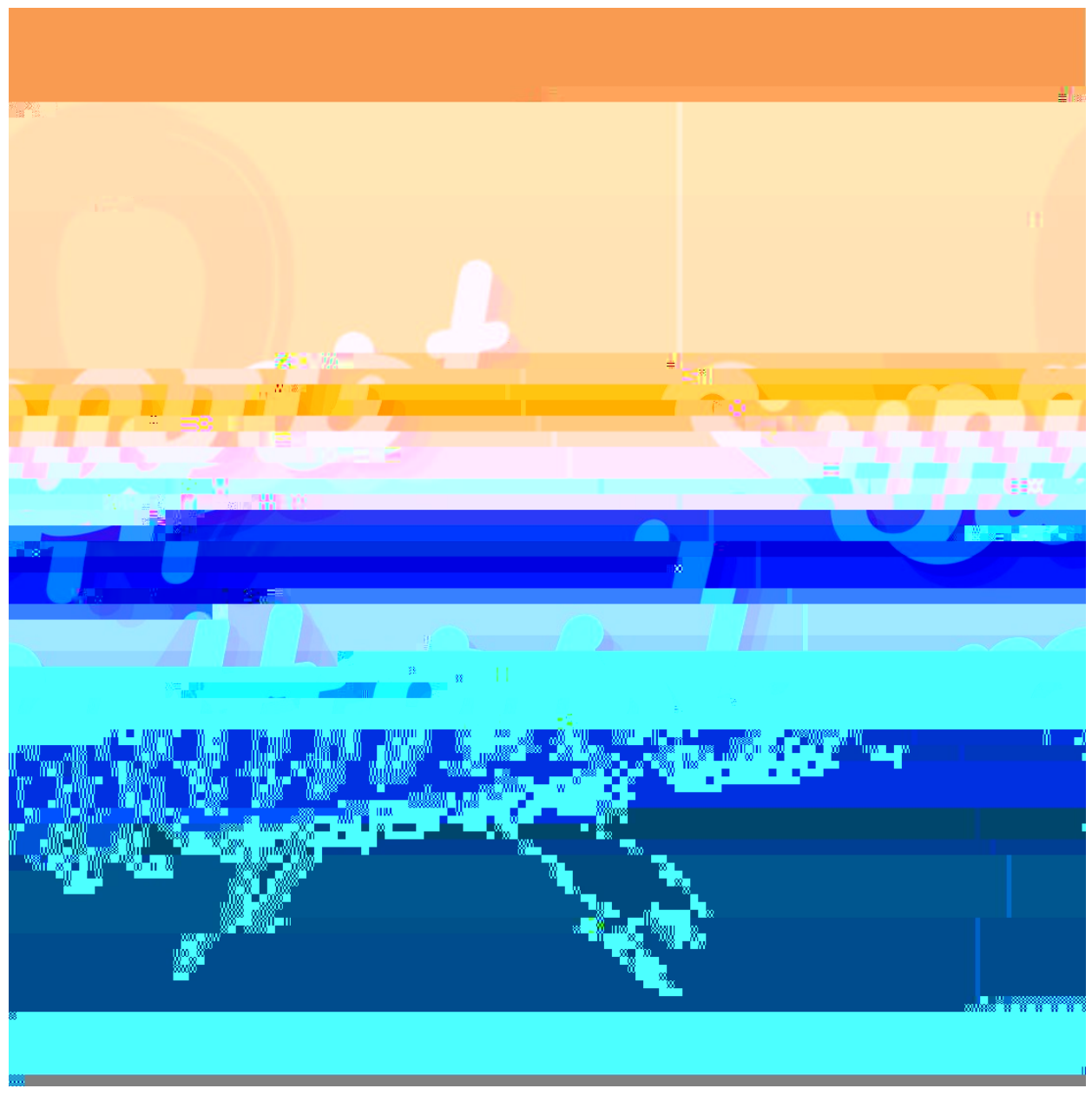
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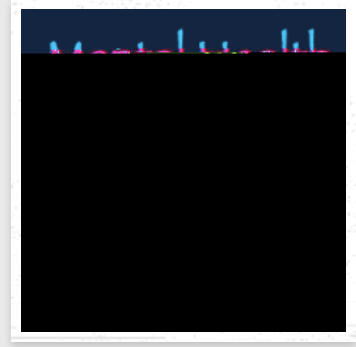
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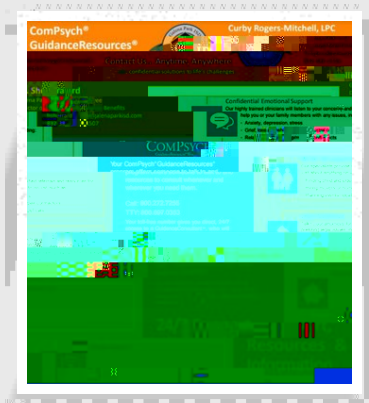


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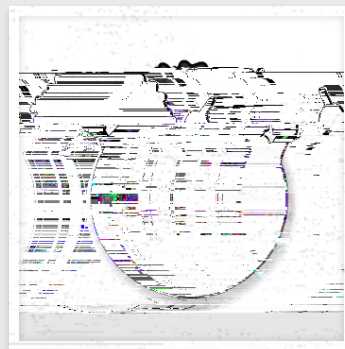


EMPLOYEE ASSISTANCE PROGRAM

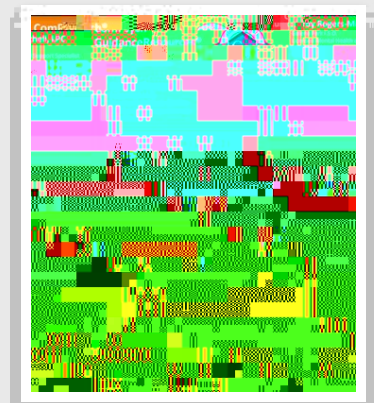
Galena Park ISD Employee Assistance Program



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CHECK THESE
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EAP SPANISH
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CLICK TO SUBMIT

