

Brighten your life by  
learning to cope with life's  
stressors!

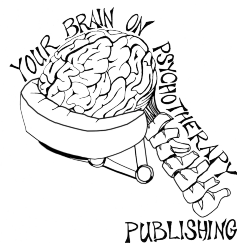
H.O.P.E. Psychotherapy of  
Houston, PLLC

Debbie Edmunds, MA,  
LPC-Supervisor

Specialist in treating self-  
injury

17510 Huffmeister Road, #103  
Cypress, TX 77429  
281-373-5200

[www.HopePsychotherapyofHouston.com](http://www.HopePsychotherapyofHouston.com)



Toolbox Coping Products™ are tools (see my catalogue at my website on the H.O.P.E. Store page) meant to be easily understood, engaging, pragmatic and building blocks toward greater functionality. The tools are created with the idea that when we have a repertoire of healthy coping strategies we can overcome the challenges faced throughout the span of our lives. I hope they prove to be helpful tools for you!

Do you or someone  
you know self-injure?



In addition to  
seeing a  
therapist there  
is additional  
help.

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# How you can help the self-injuring individual©

**Don't** lecture

**Don't** focus on the behavior

**Don't** react with shock or disgust

**Don't** be judgmental

**Don't** demand to see scars or wounds

(unless you feel immediate medical attention is  
needed)

**Don't** dismiss as attention seeking

**Don't** coerce or threaten

**Don't** demand the behavior stops

**Don't** use fear tactics

**Don't** avoid talking about self-injury

**Do** listen

**Do** focus on the person

**Do** react with concern and empathy

**Do** be accepting

**Do** be receptive and administer first aid

**Do** discuss importance of first aid, and staying  
hydrated

**Do** validate and educate about emotional distress and  
feelings

**Do** discuss alternative coping strategies

**Do** express concern for their safety

**Do** empower by engaging them in the decision making  
process about informing parents / guardians

**Do** include questions about self-injury in all your  
assessments

**Do** have an open door policy

**Do** know your limitations

**Do** know when and where to refer/contact a qualified  
therapist



Get it in gear

