

# SIAD 1st March 2008

## What is SIAD?

Self-Injury Awareness Day (SIAD) is an international event (which means everyone can be a part of it) which takes place every year on 1st March. While we can raise awareness on any day, it's good to have a day to focus around.



## Why do people self-injure?

People self-injure to deal with their emotional distress. There are various ways in which people cope when they are in distress or upset, and self-injury is one type of coping mechanism. Specific reasons behind an individual's self-injury are so varied it would be impossible to list them all. But some of the most common reasons people give are bullying, pressure at work/school, abuse, relationship problems, financial worries, or a combination of smaller things, which build up into something big.

## How do people self-injure?

People self-injure in many different ways. Cutting, burning, overdosing (without suicidal intent) and bruising are just some of the many forms of self-injury.

## Can't people just stop self-injuring?

It's not that simple. People cannot stop self-injuring until they have another way to cope with their emotions. It can take a long time to find a more healthy coping mechanism. Because self-injury can become a habit (or even seen as an addiction) it can be a very difficult cycle to break, and usually people will need help and time (sometimes a very long time) to overcome it.

## Doesn't self-injury only affect teenaged girls?

No! Self-injury affects people of all ages, male and female, all sexualities, religions, cultures and races. The media tends to use stereotypes of teenaged girls, but this is really misleading. The message needs to be got across that self-injury can affect anyone.



## What can I do instead of self-injuring?

If you want to self-injure at the moment there are many things you can use as distraction techniques – reading, painting, sports, having a bath, eating a favourite food. Write a personal list of things which help you which you can get out when you have the urge to self-injure.

**An increasing amount of information about self-injury can be found on the Scar Tissue website - [www.scar-tissue.net](http://www.scar-tissue.net)**