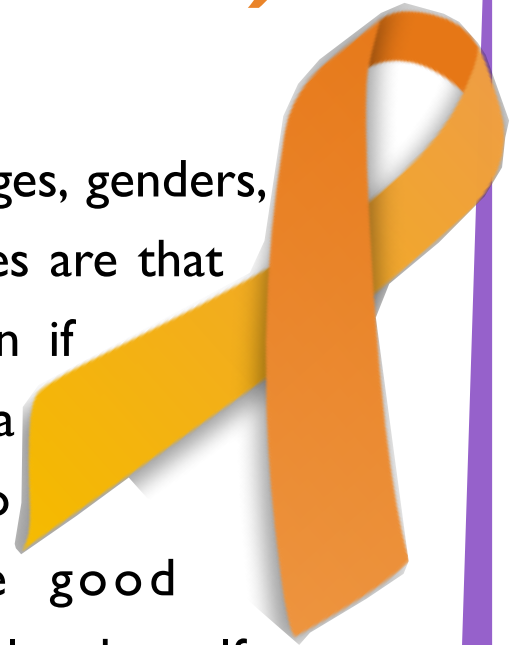


# 1st March is Self-Injury Awareness Day (SIAD)

Self-injury/self-harm affects people of all ages, genders, sexualities, races and religions. The chances are that you know someone who self-injures, even if you don't know about it. Self-injury is a coping mechanism which people used to deal with intense emotional distress. The good news is that there is help available for people who self-injure and those who care for them.



On March 1st you might like to show your support by wearing an orange ribbon - perhaps you want to make a load of ribbons and give them to your friends!

**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)**

There are also messageboards for people who self-injure, and for those who support them (e.g. friends, carers, healthcare professionals and teachers)

