

Harm Minimisation for Nonsuicidal Self-Injury (NSSI)



Damage Limitation Techniques

AVOID INFECTION



- Don't share items you self-injure with
- Use sterile or at least clean instruments
- Don't use blunt or rusty instruments
- Replace old instruments
- Clean & care for the wound
- Use an antiseptic cream, spray or patch

- Develop basic first aid knowledge & a first aid kit for your specific method(s) of NSSI
- Avoid picking at scabs as it worsens scarring
- Ensure your tetanus vaccination is current
- Avoid re-injuring scarred tissue

REDUCE SCARRING



MINIMIZE SEVERITY



- Avoid drugs & alcohol when self-injuring
- Avoid cutting near visible major blood vessels, tendons & nerves
- Don't engage in reciprocal cutting
- Seek medical attention if you can't treat your wound.