

Start the conversation card

I have been self-harming for

_____ Days

_____ Months

_____ Weeks

_____ Years

I self-harm by

Cutting

Not eating

Drugs

Alcohol

Exercise

Other _____

I self-harm because

I feel comfortable telling

Only you

Doctor

Support line

Friends

Family

Other _____

You can help me by

Just listening

Find me professional support

Finding resources

Other _____