Talking about self-injury is not easy. Majority of individuals who engage in self-injury are seeking escape, emotional release, or threatened with suicide.

For most people, self-injury is carried out behind closed doors and hidden under long sleeves and pants.

Prevalence of NSSI

- NSSI is a serious issue, affecting 20% of the population.
- NSSI includes self-harm behaviors.

Outline

#1 Concern Over

- Self-harm is often seen as a lack of self-harm or self-harm.
- Being judged, eaten, and verbalized and hurt.

#2 Statistics from Various Studies

- The study showed that students who experience social anxiety have a higher chance of committing self-harm.
- Students who feel they are not accepted by others were more likely to engage in self-harm.

#3 Who?

- Of those who sought help, the most common source was

References


#1 Concern Over

- Self-harm is often seen as a lack of self-harm.
- Being judged, eaten, verbalized and hurt.

#2 Statistics from Various Studies

- The study showed that students who experience social anxiety have a higher chance of committing self-harm.
- Students who feel they are not accepted by others were more likely to engage in self-harm.

#3 Who?

- Of those who sought help, the most common source was

References