

Non-suicidal self-injury: Understanding, coping, and seeking help

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ABSTRACT:

Non-Suicidal Self-Injury (NSSI) refers to the deliberate, self-inflicted damage to the body tissue without suicidal intent, often manifesting as cutting, burning, or scratching. This behavior is prevalent among adolescents and young adults, with significant psychological and social implications. The underlying motivations for NSSI are complex and multifaceted, including emotional regulation, coping mechanisms for distress, and communication of internal pain. This paper explores the prevalence, psychological correlates, and therapeutic interventions for NSSI, highlighting the need for comprehensive assessment and tailored treatment strategies. By understanding the nuanced motivations and contextual factors, mental health professionals can better support individuals engaging in NSSI and promote healthier coping mechanisms.

KEYWORDS: Non-suicidal self-injury, Emotional regulation, Psychological interventions.

INTRODUCTION

Is a complex and often misunderstood behavior that affects a significant number of individuals worldwide. Unlike suicide attempts, NSSI is characterized by deliberate, self-inflicted harm to one's body without the intent to die. This behavior is typically repetitive and serves various emotional or psychological purposes for the individual engaging in it. Despite its prevalence and the serious implications for mental health, NSSI remains a challenging topic that requires understanding, compassion, and effective intervention (Germain SA, 2012).

NON-SUICIDAL SELF-INJURY (NSSI): The act of NSSI can take many forms, including cutting, burning, hitting, scratching, or other methods that cause physical harm. While the behavior may temporarily relieve emotional distress or provide a sense of control, it is not a healthy or sustainable coping mechanism. Individuals who

and cultural norms surrounding mental health and coping mechanisms can impact an individual's likelihood of engaging in NSSI. Furthermore, societal stigma and misconceptions about NSSI may prevent individuals from seeking help or receiving appropriate support. It is essential to understand the underlying motivations and psychological issues that require professional attention and support. Ignoring or dismissing NSSI can lead to worsening mental health outcomes, increased risk of suicidal ideation or behavior, and long-term physical and psychological consequences (Lloyd-Richardson EE, 2007).

For individuals struggling with NSSI, seeking help is a crucial step towards healing and recovery. Mental health professionals, including psychologists, psychiatrists, and counselors, can provide assessment, diagnosis, and

tolerance, is also effective in reducing NSSI behaviors. Medication may be prescribed in cases where underlying mood disorders or other mental health conditions contribute to NSSI. However, medication alone is typically not sufficient without concurrent psychotherapy and support. It is crucial for treatment to address not only the NSSI behaviors but also the underlying emotional difficulties and

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