

Self Harm Information and Resources

Based on presentation by Friends of Youth Snoqualmie

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What is self harm?

- Cutting, burning, pinching, punching, picking, hair pulling, asphyxiation, substance use, starvation/harmful eating, risk taking behaviors (sexual interactions, extreme sports/activities)

Suicide facts:

- Suicide is 2nd leading cause of death in ages 10-24
- Suicide deaths in youth (ages 14-18) have increased 60% in the last decade (*data from the CDC*)

Items commonly used for cutting:

- Eyebrow razors
- Erasers (erase skin until it bleeds)
- Broken razors
- Matches (burning)
- Sharp objects - knives, scissors, flossers

Outpatient Services (recommended by Friends of Youth)

* Takes insurance

- *Friends of Youth: North Bend, Issaquah, Duvall 425-888-4151
- *Youth Eastside Services: Redmond, Kirkland, Bellevue 425-747-4937
- *Sound Mental Health: Snoqualmie 206-901-2000
- Larch Counseling: Duvall 425-200-0130
- Unified Counseling: Duvall 206-901-2000
- Mental Health Referral Service: provides mental health referrals for kids up to 17 from across Washington 833-303-5437

Partial Hospitalization

* Takes insurance

- Thira (females only): Bellevue 425-454-1199
- *Fairfax Adolescent PHP: Kirkland 425-284-8300
- Pathlight Mood & Anxiety Center: Seattle 866-742-9127
- Rogers Behavioral Health: Bellevue 888-964-1358
- Imagine Northpoint the Evergreen: Bellevue 877-584-6395

Tips for insurance coverage:

- Medicaid - look into switching child to Medicaid individually to get coverage
- Childrens Hospital - referral line can notify when they have an opening