



Learn from Experts: Depression and Suicide

Question: What signs should I look for if I think my child is self-harming?

*The MUST KNOW Signs of Self Harm in Teenagers
Are They Thinking about Suicide?*

TRANSCRIPT



[Video Link](#)

[Topic Playlist](#)

Watch Time: 3:06 minutes

Read Time: 1 minute (approximately)

Erica Leibrandt, LCPC Sound Mind Counseling:

Self-harm happens when teens in particular, but people of all ages can do this, don't have a way to express that energy inside them. So they have this anxiety, they have this depression, and it needs to come out, or it needs to be numbed. They want it to be numbed. When we self-harm, we dig our hands into our nails. A lot of times kids use pencils to stab themselves. It's not just the razor blades. There's all different ways to self-harm. Some are quite hard to see. It relieves that need to express an emotion or it numbs an emotion. And so it's a powerful antidote to what kids are feeling, and it becomes quite addictive for them. It's very problematic. Once that behavior gets going, it's hard to shut it down. Some of the things to look for in terms of self-harm are kids who are wearing long sleeves and long pants in warm weather. Girls who are wearing like lots of chunky bracelets because a lot of times self-harm is happening on the wrist. It's the easiest place to get to while you're in public. Kids wearing rash guards and items of clothing that are always covering up. Kids who are consistently itching different places on their body. That's where a self-harm place might be healing and being reopened. So if your child is self-harming, I highly recommend a clinical intervention for that behavior. It's a clear symptom of depression or anxiety, and really needs professional treatment in order to stop.