

Mental Health Awareness Series

Brought to you by SUTD Wellbeing Services
Building 1, Level 5 (1.517) @Lobby C
<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



Hush little baby. Don't you cry. Don't cut your arms. Don't say goodbye. Put down the razor. Put down the light. It may be hard, but you'll win the fight. *Emily Giffin*

Few topics could be more poignant than the act of self harm due to the emotional and psychological impingement. People in their brokenness are known to cut themselves, consume lethal substance or leap from a height as a deliberate act to cause injury or even death. It could be pain or despair arising from issues such as self-esteem, health, relationship or finances that drive them to self destruct.

Fortunately, for as many as have attempted to harm themselves, most of them have also sought help, or help was sought for them. This provided them the crucial support they needed to work through their issues, and to work out strategies or solutions to better deal with their issues. Thus, the topic on self-harm or even suicide need not be shunned but openly discussed so that people with depressed thoughts and emotions could receive the lifeline that they may need.

Tips on managing self-harm behaviour more effectively:

- ❖ Thoughts of self-harm could be triggered by a number of personal or interpersonal issues , including a sense of loss of meaning or purpose in life. It is important to identify what led to your troubled and emotions in order to better address these issues or challenges.
- ❖ There are various and healthier ways to deal with negative thoughts and emotion so as to minimise the impact that they may have over the quality of your life. These strategies include making a deliberate and committed decision to developing a positive frame of mind, living an active lifestyle and acquiring essential life skills such as problem-solving and life-long learning attitude.
- ❖ Refrain from isolating yourself or bottling your negative emotions as it may increase your sense of alienation. Consider seeking professional help as it could help you generate personal growth and insight into your issues.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.



Do No Harm