



# Self Harm and Personal Tragedies

This guide is for basic awareness only and not a substitute for comprehensive training. **Call 9-1-1 for official assistance.**

## Responding to Self Harm

- **Recognize the Signs**
  - Unexplained cuts, burns, of bruises and a sudden, unusual change in demeanor.
  - Withdrawal from friends and activities, expressing feelings of hopelessness.
- **What to Do**
  - Be present and listen: if on the phone, do not end the call; allow the person to speak and listen and discuss in a non-judgmental and supportive manner.
  - Provide first aid if necessary and do not leave the person alone.
- **Encourage Professional Help**
  - Offer to accompany or assist to get trained, professional help. Inform them of who can help: Title IX coordinators, counselors, resident advisors, and Wellness Center staff.
  - Regularly initiate contact to offer support and encourage ongoing professional help.

## Coping with Personal Tragedies

Personal tragedies can include accidental disability, harm or death; death by suicide or caused by another person or act; or lost and missing person incidents.

- **Acknowledge the Grief**
  - Understand the stages and recognize that grief can include denial, anger, bargaining, depression, and acceptance.
  - Be compassionate towards the different ways others may experience grief.
- **Seek Support**
  - Free, confidential counseling is available through the Student Wellness Center. Visit [sjsu.edu/wellness](https://sjsu.edu/wellness) for more information on how to access.
  - Employee Assistance is currently provided through LifeMatters® by Empathia.
  - Visit <https://qr.codes.pro/SJSUwellness> or scan the QR code below for a listing of all available resources to students, faculty and staff.



See all wellness resources by scanning the QR code