

Nonsuicidal Self-Injury Interview

Adapted from SOARS

School Name: _____

Student Name: _____ Grade: _____

Interviewer Name and Position: _____

Signature: _____ Date: _____

Suicidal Ideation

1. Do you ever think about purposely ending your life when you self-injure? YES NO

*If the student expresses intent, complete the NSSI interview and use a suicide risk assessment after this form.

Onset, Frequency, and Methods

2. How many times a week/month do you injure yourself?

3. What do you typically do or use to cause the injury?

Aftercare

4. How do you take care of the wounds afterward?

5. Have you ever hurt yourself so badly that you needed medical attention, even if you never got it? YES NO

Reasons

6. What does self-injury do for you? In what ways does it help you?

Stage of Change

7. Have you ever tried to stop hurting yourself?

8. Is this behavior something you would like to stop?

Notice to Parents and Guardians of Self-Injury Intervention

Date: _____

To the Parent/Legal Guardian of _____
(Student Name)

This letter confirms our communication today concerning an incident with your student at school. As we informed you today, your student engaged in self-injurious behaviors. At this time, your child has stated that he/she is not purposely trying to end his/her life when self-injuring.

We take self-injury very seriously and understand that self-injury can be difficult and confusing for both students and parents/guardians. Students may self-injure when emotionally overwhelmed and for other reasons. That triggering emotion can be anger, anxiety, stress, and/or sadness. Please take this matter seriously and seek treatment for your student.

As part of our response plan for self-injury, we have provided you with a list of referrals for mental health providers in our area. Below is also a list of books and websites that you may find helpful. These resources are not an exhaustive list by any means and are best used in conjunction with counseling. Please also speak with your family's doctor about your child.

Bodily Harm: The Breakthrough Healing Program for Self-Injurers (Conterio & Lader, 1998)
Freedom from Self-Harm: Overcoming Self-Injury with Skills from DBT (Gratz & Chapman, 2009)
Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure (Clark & Henslin, 2007)

Safe Alternatives: www.selfinjury.com

Cornell University: <https://www.selfinjury.bctr.cornell.edu/>

Children's Hospital: <https://www.childrens.com/specialties-services/conditions/self-injury>

Crisis Lines

Safe Alternatives	1-800-DONTCUT
The Crisis Text Line	Text CONNECT to 741741
Suicide & Crisis Hotline	988

Apps

Calm Harm
Head Space
MindShift

Parent Name	Parent Signature	Date
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Student Name	Student Signature	Date
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Counselor Name	Counselor Signature	Date
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