

Self-Injury

We know this is a difficult topic to face. Whether it's a struggle you or someone you know is dealing with, it causes a lot of hurt for everyone involved. We want to be there to help you with anything you need as you go through this process of healing and restoration.

Realize that self-harm points to issues that have not been dealt with—it goes deeper than just physical wounds. Sometimes self-harm is the only way someone knows how to cope with their pain. If they don't know either how to put their emotions into words, or they have become numb to their emotions, and they simply trying to feel something. Whatever else, it's a habit, and like all habits, can be very difficult to change. If someone you love is struggling with cutting or self-injury, don't expect everything to fix itself overnight.

If you have been causing harm to yourself, please confide in someone. Life is harder when we have to go through it alone. Let them help you understand where this problem stems from—sometimes counseling may be the best option, and always look to Jesus, your Healer. He is with you every step of your journey, and through Him you will find freedom.

"Praise be to the Lord, for He has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in Him, and He helps me. My heart leaps for joy, and with my song I praise Him." (Psalm 28:6–7)

God created us in His image. He loved us enough to send Jesus to die for our sins, and that if we believe that He died on the cross, was buried and rose again, then we can be brand new, leaving our past behind and living the new life He has for us. *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"* [1 Corinthians 5:17]

However discouraged you feel about your or your loved one's situation, you will always find your hope in Jesus. No matter how dire your situation gets, He will never leave your side or hesitate to come to your rescue.

Additional Helpful Scriptures:

- 1 Peter 2:24
- Romans 3:21-26
- Hebrews 13:5
- Jeremiah 31:3
- Romans 8:35-39

Community Resources:

- NAMI National Association of Mental Illness is a national agency with offices across the US. They offer help for individuals and families. Their online resource is nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Self-harm
- Cloud and Townsend is an online resource that offer books, articles, audio and DVD media resources on emotional struggles, marriage, spiritual life, relationships, parenting, boundaries as well as additional topics. cloudtownsend.com/resources/question-answers/
- Crisis Center of Tampa Bay - The Crisis Center is a central hub for 4600 services available to the Tampa Bay area. Through their crisis line, they provide suicidal prevention help, a rape hotline, a substance abuse hotline, and a homeless hotline. They also assist elderly, veterans, children, families, and mental health. 211 – crisiscenter.com
- Hope For The Heart is a ministry providing biblical hope and practical help for everyday problems. Our desire at Hope For The Heart is to equip you with the help and hope you need so that you can then equip and encourage others. Read more: hopefortheheart.org/
- Focus on the Family is a global Christian ministry dedicated to helping families thrive. We provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles.

Grace Resources:

GFC Christian Counselor List - Provided by Pastor

Grace Groups:

Freedom – Identify obstacles in your life and get out of ruts that keep you from changing.

Men/ Women – gfconline.com/freedom