

# God Chose YOU to Be His Temple

## Self-harm



**Intercede on behalf of someone who is engaging in self-harm and attend counseling appointments with them.**



**Check in with and support someone exhibiting self-harm.**



**Develop a handout to teach healthy ways of coping other than self-harm.**



**invite a Gospel-motivated speaker to address self-harm in schools and churches.**



**Support those who have long-term effects from self-harm through medical care, befriending, social support systems, and prayer.**



**Wear a ring on a finger or another item of jewelry as a reminder not to participate in self-harm.**



**Share Bible verses like Isaiah 43:1-7 and Psalm 139 which affirm identity.**



**Call Word of Hope for intervention:  
888-217-8679**



**Pray for those who are harming themselves.**



**Celebrate days without cutting by placing a bead on a bracelet.**

**#LifeWeek2022**

