

# Healthy Happenings

## Ways to Support a Young Person Who is Self-Harming

A person who self-harms will deliberately and intently injure themselves, usually as an expression of distress or to release built up tension. The most common form is to cut the skin on the arms or legs, but other methods include burning the skin, punching themselves, misusing tablets, alcohol or drugs, or deliberately starving themselves.

Reasons to self-harm are various and complex but are summarized below with some examples:

- Social pressure - anxieties about friendships or school issues like “fitting in”
- Stress or trauma - concern about illness or death of a loved one, or post-traumatic stress
- Mental health - underlying depression, low mood, and inability to cope

Most young people who experiment with self-harm have no intention of ending their life or even doing any lasting damage. Many people who harm themselves regret it immediately afterwards. More often than not, it is a distraction and a quick release.

If a young person is cutting themselves, there are two main factors that they should be aware of:

What are they using? - The instrument or sharp edge that they are using can cause infection if it is dirty or contaminated, so the young person must take care to keep wounds clean while healing.

Where are they cutting? - Arteries and veins are nearer to the surface in some areas of the body than others and serious bleeding is a risk. Also, visible scarring is a possible consequence.

There are several ways that you can offer support to a young person that is self-harming but they all revolve around openness and honesty:

Offer professional help. Anybody who is self-harming should seek medical help for physical injuries, but if there is a suspicion of underlying depression then counselling services might help. These can be arranged through your doctor.

Offer an open door. It is very difficult for many adults to comprehend how a young person that they care for could do such a thing to themselves, but it is important to keep an open mind and an open door. Try to be the listener not the talker. Try not to panic.

Self-harm needn’t be a lasting problem, and with the right support it can be overcome. If you are worried about somebody who you love then please contact your doctor, who will be able to advise you.

Moab Regional Hospital will host an informative presentation on the rising risk of substance abuse, self-harm, and suicide in our community. Please join Dr. Kristin Becker, Child Psychiatrist, Dr. Whitney Mack, Family Medicine Physician, and Kelly Vagts, School-Based Therapist at HMK on Tuesday, June 29th at 6pm via Facebook Live. Questions? Please call 435-719-3771 or go to [www.mrhmob.org/events](http://www.mrhmob.org/events).



*It's happening here — and the “kids” are younger than you think.*

Substance use, self-harm, and suicide may seem like grown-up problems but kids struggle with these complex issues more frequently than we would like to imagine. Keeping an eye on your child’s behavior and noticing changes are the key to identifying potential issues before they become a much larger problem. Some warning signs to be aware of include: withdrawing from social contact, mood swings, and/or behaving in risky or self-destructive ways. If you are concerned about your child, there are resources in our community that can help. A great first step is to talk with your family doctor or school therapist about what you are seeing.

**MOAB REGIONAL HOSPITAL**  
also offers mental health services to all ages.  
Please call **435-719-5531** and start the conversation.

<b>Tuesday, June 29th at 6:00 PM</b>	<b>Facebook Live Presentation</b>	with Dr. Kristin Becker, Child Psychiatrist, Dr. Whitney Mack, Family Medicine Physician, & Kelly Vagts, HMK-Based Therapist
<b>Thursday, July 1st at 6:00 PM at Moab Regional Hospital</b>	<b>In-Person Suicide Prevention and Certification Workshop</b>	with Amanda McIntosh, Certified Q.P.R. Instructor and Suicide Prevention Specialist at Southeast Utah Health Department

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### More than Advertising!

This menu guide has actual restaurants’ menus with prices — so you don’t have to show up at the door to know what you can order or how much you will pay.

Pick up a copy at many businesses or visit [moabmenuguide.com](http://moabmenuguide.com)

## June Climate Summary

	Moab	Monticello	Green River	Arches NP	Canyonlands NP	Natural Bridges NM
Average Max. Temperature	92.6	78.0	91.5	93.0	84.5	83.7
Average Min. Temperature	56.1	46.3	52.5	60.8	59.9	52.7
Average Total Precipitation	0.42	0.62	0.33	0.39	0.45	0.44
Average Total Snowfall	0.0	0.0	0.0	0.0	0.0	0.0

Data are from the Western Regional Climate Center

## Moab Church Services Directory

Assembly of God 1202 South Boulder Avenue	435-259-7747	Community Church 544 MiVida Drive	435-259-7319	Moab Baptist Church 356 West Kane Creek Blvd.	435-259-8481
Bahá’í Faith	435-650-5778	Episcopal Church of St. Francis 250 South Kane Creek Blvd	435-259-5831	Quaker Worship Group 81 North 300 East	435-259-8178
Canyonlands Fellowship 111 East 100 North	435-260-2434	First Baptist Church SBC 420 MiVida Drive	435-259-7310	River of Life Christian Fellowship 2651 East Arroyo Rd.	435-259-8308
Church of Jesus Christ of Latter-Day Saints First & Second Wards 475 West 400 North	435-259-5566	Friends in Christ Free Lutheran Church 1240 South Highway 191	435-259-4378	St. Pius X Catholic Church 122 West 400 North	435-259-5211
Third, Fourth & Fifth Wards 701 Locust Lane	435-259-5567	Grace Lutheran Church 360 West 400 North	435-259-5017	Seventh Day Adventist 4581 Spanish Valley Drive	435-259-5545
		Jewish Interfaith Beit Moabi	435-260-0241	The Church of Christ 456 Emma Boulevard	435-259-6690