

# The Alarming Rise of Self-Harm Among Teenagers

Why compassionate awareness and early support can save lives



**Noida, Uttar Pradesh Jun 22, 2025 ([Issuewire.com](https://www.issuewire.com))** - In recent years, those of us working in the field of child and adolescent mental health have witnessed a disturbing rise in cases of self-harm among teenagers. At [ChildrenPlus](#), where we champion emotional well-being for young people, these cases represent more than data, they're lives quietly overwhelmed by pain, confusion, and unspoken struggle.

This is not an issue any parent imagines facing. Yet, more and more families find themselves grappling

with it, often feeling confused, frightened, or unsure of how to respond. Understanding why this is happening and knowing what to look out for is the first step in offering the right support.

## Why are more teenagers self-harming?

Self-harm, hurting oneself on purpose, not necessarily to end life but to cope with difficult emotions, can take many forms: cutting, scratching, burning, hitting, or interfering with healing wounds. For many young people, it becomes a way to cope with emotional pain, release tension, or feel a sense of control.

Several factors contribute to the rise we are seeing:

- **Emotional distress and mental health struggles:** More teenagers today are dealing with anxiety, depression, feelings of isolation, and low self-esteem. For some, self-harm becomes an attempt to manage these overwhelming emotions.
- **Academic and social pressures:** The pressure to perform, fit in, and succeed, whether at school, in friendships, or online, can feel relentless. For vulnerable teens, this can lead to coping strategies that may offer temporary relief but carry serious risks.
- **The impact of the digital world:** Social media can intensify feelings of inadequacy or exclusion. Exposure to harmful content or even online communities that normalize self-harm can make matters worse.
- **Family or personal challenges:** Experiences such as bullying, family conflict, trauma, or neglect can leave young people struggling with emotions they don't know how to process.

## What signs should parents look for?

Self-harm is often hidden. Many teenagers feel ashamed or fear being judged. But there are warning signs parents can watch out for:

- Unexplained cuts, scratches, burns, or bruises, often on the arms, thighs, or stomach.
- Wearing long sleeves or pants even in hot weather.
- Avoiding situations where they might have to change clothes in front of others.
- Withdrawing from friends or family, losing interest in activities they once enjoyed.
- Keeping sharp objects in their room or belongings.
- Changes in mood, increased irritability, sadness, or emotional numbness.
- Expressing feelings of worthlessness or hopelessness.

## What can parents do to help?

If you suspect your child is self-harming, how you respond matters deeply. Your support can make a world of difference.

- **Stay calm and compassionate.** It's natural to feel shocked or upset, but try not to react with anger or blame. Let your child know you are there for them, no matter what.
- **Start an open conversation.** Choose a quiet, private moment. Gently express your concern, for example, *"I've noticed some things that are worrying me. I'd like to understand how you're feeling."*
- **Listen without judgment.** Allow your child to speak without rushing to offer solutions or criticism. Sometimes, just feeling heard is the first step towards healing.
- **Get professional help.** Self-harm is often a sign of underlying emotional distress that needs expert support. Reach out to a counsellor, psychologist, or psychiatrist who has experience

working with young people.

- **Help them find healthier coping strategies.** Encourage outlets like drawing, writing, physical activity, or mindfulness exercises. These can provide safer ways to manage difficult feelings.
- **Limit access to harmful objects.** Without making your child feel punished, try to reduce easy access to things they might use to hurt themselves.
- **Take care of yourself too.** Supporting a child through this can be emotionally draining. Don't hesitate to seek guidance for yourself whether from a mental health professional or a trusted friend.

## A message to all parents

Self-harm is not a phase or a way of seeking attention. It is a signal that a young person is in emotional pain and needs help. The good news is that with understanding, patience, and the right support, recovery is possible.

At [ChildrenPlus](#), we remain committed to changing the narrative around teenage mental health: one conversation, one classroom, and one family at a time. With empathy as our foundation and partnership as our goal, no child needs to navigate this pain alone.

If you're concerned about your child or need guidance, don't hesitate to reach out. Early intervention can change lives.



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