

hi, my name is \_\_\_\_\_ i am 16 (nearly 17), and i have self-harmed for nearly 3 years. from what i have learned in these three years, is there is no real "cure" for it. i have attempted suicide dozens of times to no avail, and have spent time in the mental ward a few times. doctors have not really had a chance to sit down and look at the problems, so it seems, because some will make asinine attempts to deter self harmers or suicidal adolescents, by saying how stupid they are acting and how much hurt they are causing to their families. we are treated as though we have no understanding of the "real" world, and that our mind just cant see how wrong it is to do what we do, or think how we think, when really, our minds just dont care anymore. most of us have lost hope in being "cured", because we know that it will always be there, whenever we come into a bad situation, calling our names (not to confuse us with having schizophrenia)(maybe we do), and a lot of self harmers think the coping strategies given are unhelpful, and kind of make us feel like we are being made to look under developed. we know that we should think happier thoughts(those with depression) but we cant just change ourselves because you bring up the idea!

^^^different submission under my name

anyways, what you really should look into are some better therapies, and maybe a way of seeing what a self harmer is going through, without relating them to a drug addict or an alcoholic. we need to create more programs and more hospital floors with doctors and psychologists and child and youth workers and so on that specialize in self harm, like you would an eating disorder or any other illness or disorder.

i apologize for the confusing up and down nature of my email, but i thank you for your time.

i hope to read about you later on as you finish your study.

thank you