

Where mental health is  
a right, not a privilege

# MOORE CARE THERAPY

March 2026

## Self-Harm Awareness Month

Self-Harm Awareness Month, observed in March, raises awareness about self-injury and the mental health challenges that often contribute to it. The month focuses on reducing stigma, encouraging open conversations, and promoting healthy coping strategies. Organizations such as National Alliance on Mental Illness help provide education, support, and resources for individuals and families affected by self-harm. The goal is to remind people that help is available and that healing is possible.

## TALK TO A MENTAL HEALTH PROFESSIONAL IF YOU HAVE

- Trouble sleeping or oversleeping
- Harmed yourself or thoughts to do so
- Withdrawn from your regular social life
- Constant paranoia or nervousness
- Uncontrollable illogical or “magical” thoughts

For a therapist who is  
here for you  
Call 843-799-0083

Or visit us at our website  
[moorecaretherapy.com](http://moorecaretherapy.com)



**Moore Care**  
T h e r a p y  
Empowering Minds, Transforming Lives

# MENTAL WELLNESS TIPS

## Pause and breathe

Try slow, deep breathing (inhale 4 seconds, hold 4, exhale 6) to calm intense emotions

## Use grounding techniques

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste

## Reach out to someone

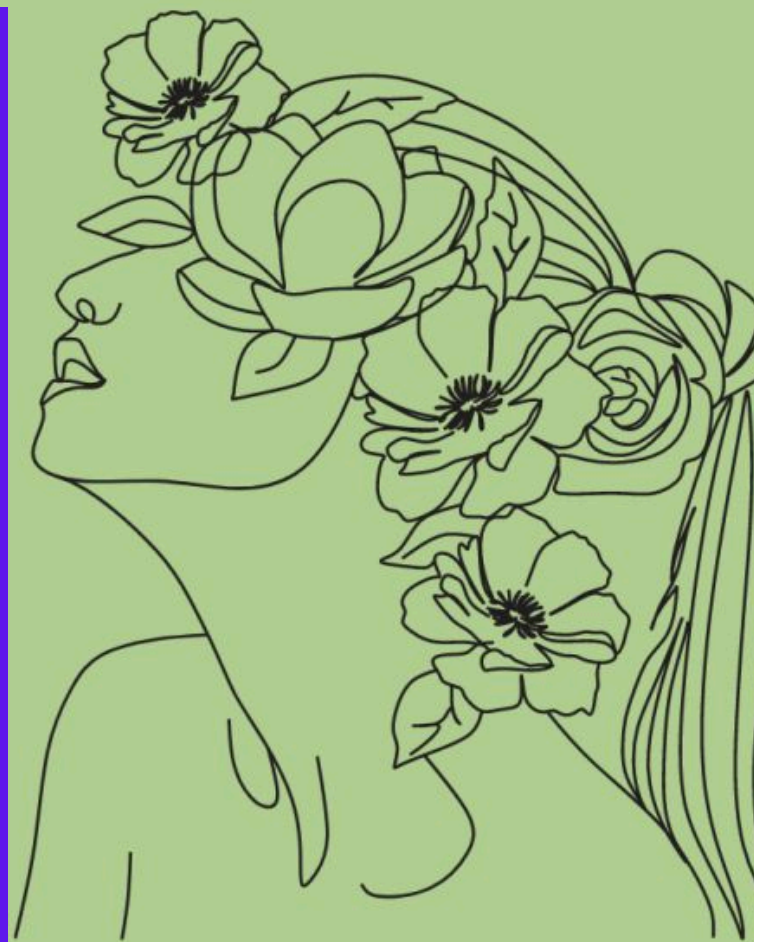
Call or text a trusted friend, family member, or counselor. You don't have to explain everything—just connecting helps

## Try a sensory substitute

Hold an ice cube, snap a rubber band on your wrist, or draw on your skin with a washable marker instead of hurting yourself

## Seek Help Early

Reaching out to a counselor, therapist, or trusted professional early can prevent challenges from becoming overwhelming.



March is self-injury  
awareness month.

*"Your scars tell a story  
of survival, not shame.  
Healing is possible, and  
you are never alone."*