



# National Self-Injury Awareness Day

American Self-Harm Information Clearinghouse

## Self-Injury Awareness Day Sample Proclamation

### Proclamation

In recognition of Self-Injury Awareness Day, March 1, 2002.

WHEREAS, self-injury, also called self-harm, self-inflicted violence, or self-mutilation, is a coping mechanism used by an estimated 1% of the US population; and

WHEREAS, self-injury is seldom talked about and often misunderstood, leading to those who self-injure being treated unfairly or insensitively by police, doctors, therapists, and emergency personnel; and

WHEREAS, self-injurers, despite public perceptions, are generally not psychotic and present little danger to others; and

WHEREAS, effective treatments for self-harm do exist, although many professionals may not be aware of them; and

WHEREAS, raising professional and public awareness of the facts about self-injury will help dispel the fears, myths, and taboos that surround the subject and that make it difficult for people who self-injure to obtain effective help

NOW THEREFORE, I, Greg Nickels, Mayor of the City of Seattle, join the national effort and do declare March 1, 2002 Self-Injury Awareness Day and hereby urge all citizens and professionals to increase their awareness of the truths about self-injury, thus allowing people who self-injure to receive fair and sensitive treatment.