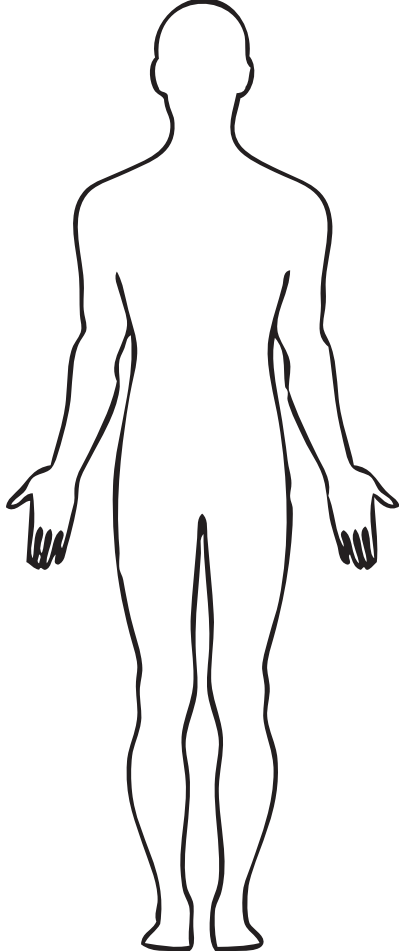


## Self Harm Assessment

I self harmed on __/__/____ at __:__ AM/PM	<p>Where I self harmed</p> 
I self harmed with:	
I took care of the wound/s by:	
I tried not to self harm by:	
The things that happend in my life before I self harmed:	
The way I felt before I self harmed:	
The way I felt after I self harmed:	