

Title:

Cutting Away Pain: Teen Depression and Pain Displacement

Word Count:

636

Summary:

This article is about teenage depression and how teenagers of today are coping

Keywords:

self-destruction, depression, pain tolerance, pain threshold.

Article Body:

There has been an increase of reported incidences of young adults abusing their bodies when they

Self-mutilation

A lot of doctors are calling self-mutilation the next anorexia. This habit is getting quite a

Kids who cut themselves deny being suicidal or even having such thoughts. When asked why they

Not only does cutting put our youth's lives in grave danger, it also warps their sense of reality

People who hurt themselves need help. They're not sick, neither are they insane. It is possible

Complications

Certainly, any form of self-destructive behaviour will end up causing complications to a person

Cutting contributes to and/or worsens feelings of shame, guilt, and low self-esteem.

Cutting may lead to life threatening injuries such as massive blood loss from accidental deep

Cutting may lead to accidental or deliberate suicide. Like what was mentioned earlier, once a

Cutting causes permanent scars. You may not mind the scars while you're in the moment of cutting

Intervention

It is never too late to start learning positive coping mechanisms. Engaging in a counselling session

Kids who have this problem need understanding and support from the people around them. Judging

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