

“We are bonded to each other by compassion. To speak of our pain and our survival is to speak with valor. This is how we speak to each other “heart to heart.”

-Retreat Participant

If you use self-injury...

- ◆ ***It's not your fault***
- ◆ ***You are not alone***
- ◆ ***You can heal***
- ◆ ***Seek support***



If you are interested in getting connected and learning more about us please see below:

We Offer

- ◆ Peer Support
- ◆ State-wide Peer Support Groups
- ◆ Information on upcoming trainings that are in Spanish and in English
 - ◆ Advocacy
- ◆ Community-based Spanish interpreting for events, conferences and trainings

Our Vision

We are people with lived experience of trauma and/or mental health recovery. We support each other by sharing our personal recovery stories and by respecting our cultural differences, values and beliefs.

**Latinos en Acción
The Transformation Center
98 Magazine Street, Roxbury MA
Roxbury, MA 02119
Phone: 617-442-4111
Fax: 617-442-4005**

<http://www.transformation-center.org>

This project was funded by
MA-Dept. of Mental Health and
MA-Dept. of Public Health Suicide Prevention
Program

It was developed in collaboration with the
MA-DMH Self Injury and Healing Project and
the Transformation Center

Self-Inflicted Injury

What is self-injury?

In the terrible ‘silence’ of isolation and loneliness... many of us turn on ourselves. This is called self-injury.

What is self-injury?

In our community we call self-injury by several names such as: self-harm, self-mutilation, and self-inflicted violence. These terms mean different things to different people. For some it means to hurt ourselves physically, and for some it is letting 'bad' things to happen to us because we think we deserve it. For other people, it can mean eating in excess as a way of managing our emotions, or engaging in risky sexual behavior. It can also mean abusing substances, which can lead to drug addiction. These are just some examples.



“Yes that happened and yes I remember.”

-Retreat Participant

From our Hispanic cultural perspective, self-harm could also imply a sort of soul-killing, an assault on our hearts and minds because we believe we do not deserve better and we lose our hope.

“What dreams? All my dreams are dead.”

-Retreat Participant



still we rise

Why?

There are as many reasons why people have used self-injury as there are people in our community. For some, it is a way to liberate ourselves from the pain of past events. For others, it is the only way to validate our own memories. And yet some of us have used self-injury to close the door on our dreams.

We deserve better.

Plain and simple

Many of us are suffering in silence. Self-injury is how we try to manage the pain of our lived trauma privately and individually. Self-injury happens when we have no other way to talk about what happened or we can't manage to make sense of the negative experiences that have happened in our lives.