

# Cutting Up In The Kitchen

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and possible treatment options. Self-injury (Cutting, Self-Harm or Self-Mutilation) Self-injury, also known as self-harm, self-mutilation, or self-abuse—occurs when someone repeatedly harms themselves on purpose in a way that is ...

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*Cutting and self-harm: Why it happens and what to do*

**Why Do People Cut Themselves? Reasons, What to Do, and More**

**Self-Injury: 4 Reasons People Cut and What to Do**

**Self-injury/cutting - Symptoms and causes - Mayo Clinic**

**Cutting and Self-Harm - HelpGuide.org**

*Why do people cut themselves? Causes and warning signs*

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