

Faisal Tai, MD of PsychPlus on Depression and Self-Harm

Overcoming the Detrimental Stigma of Self- Harm and Finding Healing



Let's Talk About It

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“Short of witnessing the self-harm or the physical scars of self-harm, the best way to know if somebody you know is self-harming is to ask them directly,” says [Faisal Tai](#), MD, a board certified psychiatrist and the founder and CEO of PsychPlus. “This opens the door for communication and trust so that you can offer the compassion, empathy, and support they need.”

Approaching the person with empathy is crucial because the shame associated with self-harm means that a negative or angry reaction is likely to convince them that keeping the behavior a secret is the better option.