

SILENCE **THE SHAME** **SURROUNDING SKIN PICKING**

Practice self compassion. Don't beat yourself up after a picking episode, remember this is a Mental Illness, not a choice.

Spread awareness by sharing resources at pickingme.org with family, friends & your community! The more Dermatillomania is discussed, the more the shame surrounding it is silenced.

Connect with the community & feel less alone by searching the **#PickingMe** tag on social media. Post your Skin Picking experiences & tag us to meet fellow strugglers!

Fill out our **#PickingMe Pledge** at pickingme.org/takethepledge & write positive messages of self love to display around your room or mirror. Reflect on these notes when you're feeling low.

