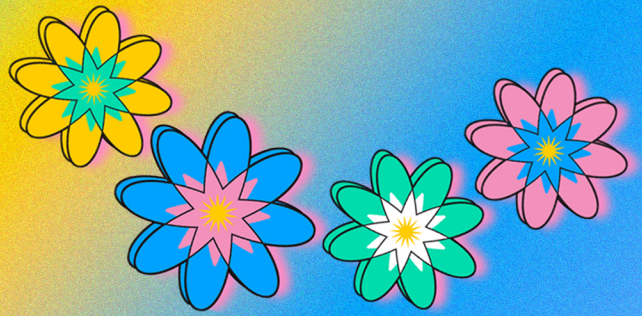
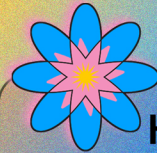


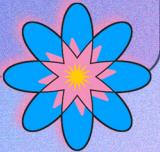
Navigating Dermatillomania & Friendships!



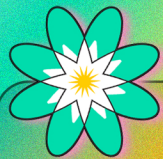
Anticipate Questions



Have a game plan on how to respond to questions you're comfortable with, and set clear boundaries on ones you don't want to answer. Don't feel like you need to share if you're not ready.



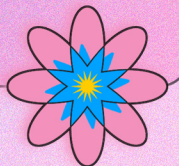
Talk with Friends You Trust



Their reaction will most likely be less judgmental, negative, or awkward than you were expecting, and you might even help someone who's silently struggling.

Familiarize Yourself

Visit pickingme.org to learn about Skin Picking Disorder and our community. Taking time to do this shows that you care and helps you to avoid saying unintentionally ignorant comments.



Don't Yell "Stop Picking!"



Trust us, it doesn't work. It only causes feelings of shame and embarrassment for the sufferer. Instead, try doing an incognito fidget hand-off as a way of noticing and discreetly helping out.

