

# Legal Aspects of Non-Suicidal Self-Injury (NSSI)

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## Abstract

This study focuses on the conceptual definition of the concept of non-suicidal self-injury (NSSI) and the analysis of its medical and legal aspects. Based on a comparison of the Slovak and German legal systems, it examines the position of suicide in medicine and law. By analogy, it considers the legal problems and limits of detention and regulation of the NSSI in adults and children, taking into account the absence of a clear definition of the term as a separate nosological unit. At the same time, the study suggests perceiving non-suicidal self-harming behavior in the context of the right to self-determination, as well as an acceptable coping strategy aimed at averting more serious self-harm - suicide.

**Keywords:** Self-harm, Law, NSSI, Regulation, Suicide