



# **A Short Introduction to Understanding and Supporting Children and Young People Who Self-Harm (JKP Short Introductions)**

*Carol Fitzpatrick*

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Self-harm and suicidal behaviours are increasingly common in young people, but are often hidden. It can be hard to know what might be causing a young person to self-harm, and how to help and support them.

Practical and easy to read, A Short Introduction to Understanding and Supporting Children and Young People Who Self-Harm guides the reader through what self-harm is, how to recognise it, and how best to respond. It combines case studies with professional and practical advice, covering all aspects from warning signs and treatment to communication and how the family is affected. The book also emphasizes the importance of parents and carers seeking support for themselves.

This book is an invaluable source of information and guidance for parents, teachers, youth workers, and others who care for a young person showing signs of self-harm or suicidal behaviour.

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