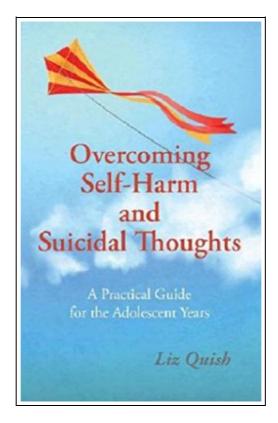
Overcoming Self-Harm and Suicidal Thoughts (Paperback)



Filesize: 6.91 MB

Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

OVERCOMING SELF-HARM AND SUICIDAL THOUGHTS (PAPERBACK)



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Hammersmith Health Books, United Kingdom, 2015. Paperback. Condition: New. Language: English. Brand New Book. A practical guide for parents, teachers, youth workers and others caring for and working with teenagers/young adults who engage in self-harming and have suicidal thoughts - or even attempt suicide. Filled with tips on how to support vulnerable teenagers and increase their self-esteem and resilience, Liz Quish s book: offers a uniquely integrative and holistic approach, focusing on all aspects of well-being: social, emotional and physical outlines the purpose and function of self-harming behaviours and dispels the myths about self-harm while also offering strategies to support a teenager who self-harms offers key insights into suicide risk factors and preventative measures while also providing guidance for those who have lost a loved one through suicide and advice for those supporting a person through a suicide bereavement.



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